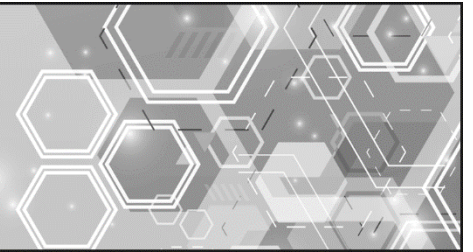




## Durham Region Health Department **Facts about...**



# What do I do if my child is sick?

This information is important to read and understand if your child becomes ill. Children should not attend school, daycare or any other extracurricular activities if they become ill. Do not send your children to school if they do not pass the daily screening.

Please inform your child's school of your child's illness and absence.

## Seek Medical Attention

If your child is ill please seek medical advice (e.g. family doctor, urgent care clinic etc.) including recommendations for testing for COVID-19.

## COVID-19 symptoms

Common symptoms of COVID-19 include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath.

Other symptoms of COVID-19 can include sore throat, difficulty swallowing, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion, headache, muscle aches and feeling tired.

Atypical symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include unexplained fatigue, body aches, delirium unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, and multisystem inflammatory vasculitis in children.

Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

## Should my child get tested?

If your child has symptoms seek medical advice including the recommendation of testing for COVID 19 as appropriate or as advised by their medical provider. Visit <https://covid-19.ontario.ca/assessment-centre-locations/> for a full list of COVID 19 Assessment Centre locations, and book an appointment for COVID- 19 testing in Durham Region by completing the online assessment form at [covidswab.lh.ca](https://covidswab.lh.ca).

Siblings/staff of ill individual can remain in school until further medical advice is received and should self-monitor for symptoms. Please see the [Facts About COVID-19 Self-Monitoring](#).

If while self-monitoring you develop symptoms of COVID-19, you need to self-isolate and be tested for COVID-19 (and no longer attend work and school).

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.



If any members of your household test positive for COVID-19, you will be contacted by Public Health directly with more detailed advice.

## What should I do if my child's symptoms get worse?

Monitor your child's symptoms closely as symptoms may change throughout the progression of COVID-19. If your child's symptoms persist or worsen, and an initial swab is negative, complete the online assessment form ([covidswab.lh.ca](https://covidswab.lh.ca)) for another assessment to determine the need for another test. If your child has worsening symptoms (such as difficulty breathing, chest pain) please call 911 or go to your local emergency department.

## How can I protect myself?

Follow standard practices to prevent exposure and transmission of a range of illnesses including:

- Frequent and thorough handwashing with soap and water or use of hand sanitizer when hands are not visibly dirty.
- Coughing or sneezing into your sleeve or elbow and encouraging others to do the same.
- Washing your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- Avoid touching your face and clean your hands before touching eyes, nose or mouth.
- Practice physical distancing by limiting close contacts with people outside of your household and maintain 2 metres from other people if you need to go out.
- Wear a non-medical mask if you cannot practice physical distancing.
- Cleaning and disinfecting surfaces, especially those that are high touch areas.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home and isolate yourself from others.
- Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

If you are concerned about symptoms, contact your health care provider or Durham Region Health Department (DRHD) and wear a mask when attending medical appointments.

## Return to school

If your child is experiencing any new or worsening **symptoms** (should not be chronic or related to other known causes or conditions) of **fever and/or chills, cough, shortness of breath or decrease or loss of smell or taste**, your child should stay home immediately. Contact your child's health care provider for further advice or assessment including if your child needs a COVID-19 test or other treatment.

If your child is showing **one** of the following new or worsening symptoms (**sore throat, stuffy nose and/or runny nose, headache, nausea, vomiting and/or diarrhea\*, fatigue, lethargy, muscle aches or malaise**) your child **should stay at home for 24 hours** from when the symptom started. If the symptom is improving, your child may return to school when they feel well enough to do so. If symptoms persist or worsen, contact your child's health care provider for further advice or assessment including if your child needs a COVID-19 test or other treatment.



If your child has **two** or more of the following new or worsening symptoms (**sore throat, stuffy nose and/or runny nose, headache, nausea, vomiting and/or diarrhea\***, **fatigue, lethargy, muscle aches or malaise**), your child should **stay home to isolate** immediately. Contact your child's health care provider for further advice or assessment including a COVID-19 test or other treatment.

Stay home and isolate immediately and follow the advice of public health if:

- Your child travelled outside of Canada in the past 14 days
- Your child has been identified as a close contact of someone who is confirmed as having COVID-19
- Your child has been directed by a health care provider including public health to isolate

Medical notes or proof of negative tests are not required for students to return to school.

\*If your child's symptoms include nausea, vomiting, or diarrhea, you should keep your child home until they are symptom free for 48 hours to prevent other illnesses from spreading.

For instructions while waiting for COVID-19 test results please refer to [Facts About Novel Coronavirus \(COVID-19\) Instructions for individuals tested for COVID-19.](#)

October 15, 2020

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

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