# COVID-19
# Symptoms In A School

**Student/staff screening occurs before the start of each school day.**

**Student/staff passed the screening tool and enters the school.**

**Student/staff fail the screening tool and cannot enter the school.**

### While at school, student/staff develops symptoms

- Fever/chills
- New cough or cough that is worsening
- Shortness of breath (even when sitting or walking)
- Sore throat (not related to seasonal allergies or known causes)
- Congestion/runny nose (not related to seasonal allergies or known causes)
- An unusual level of fatigue
- An unusual or long-lasting headache
- Nausea/vomiting, diarrhea, loss of appetite, stomach pain (not related to other known causes or conditions)
- Generally feeling unwell
- Loss of smell and/or taste

### Report to Niagara Region Public Health when:

- School staff learns of a staff/student confirmed to have COVID-19
- School staff is aware of a student/staff with symptoms and they have a known exposure to a confirmed infected person with COVID-19
- **Schools do not need to report individuals who have failed their screen**

**Symptom(s) are new and/or unusual for the staff/student**

**If a staff member fails screening, they must always choose one of the following options:**

Contact a health care provider for guidance **OR** contact the Niagara Health COVID-19 Assessment Centre to book an appointment for testing.

If they have remaining questions about COVID-19, they can contact the **Public Health Info-Line at 905-688-8248, press 7, or chat online.**

**Group 1 Symptom List**
- Fever
- New or worsening cough
- difficulty breathing
- Or decrease or loss of smell and taste

**Group 2 Symptom List**
- Sore throat
- Runny nose
- Headache
- Nausea, vomiting, or diarrhea
- Fatigue, lethargy, or muscle aches

If a student has **one or more** of the symptoms from Group 1, parents should be advised to **pursue assessment or testing**, as outlined above for staff.

Alternatively, if the student has **only one** of the symptoms in Group 2 and none from Group 1, parents should be advised that they may **wait 24 hours** to see if there is improvement. If the **single symptom improves**, they **may return to school** when they feel well enough. While we still encourage testing in this scenario, it is not required.

If the symptom **stays the same or worsens** or they have **two or more of the group 2 symptoms**, then they should be assessed by a health care provider or self-refer for testing as outlined above.

**For individuals who need an assessment but do not have a health care provider or their health care provider cannot see the individual within 24 hours:**

- Access a walk in clinic* **OR**
- Access an online virtual clinic* **OR**
- If they do not have a health care provider, arrange for a visit with a physician accepting patients (**niagararegion.ca** search find a doctor)

*If they have a health care provider who cannot see them and choose to visit a walk in clinic or virtual clinic, we recommend that they let their health care providers' office know

- Staff should follow their workplace policy and procedure, notify their Principal, and promptly leave the school and go directly home to self-isolate
- Staff should seek medical assessment from a health care provider or seek COVID testing through Niagara Health
- Student should be isolated in a separate room and a parent/guardian/emergency contact are contacted to pick the student up as soon as possible

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Staff interacting with a student with symptoms are encouraged to maintain physical distancing (2 metres) where possible. In the event physical distancing cannot occur, staff should wear a medical mask and eye protection, as well as a gown and gloves if there is direct contact with the student and these materials are available.

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- Refer to the bubble on the top-right of the first page regarding when students and staff fail the screen
- Parent/guardian/emergency contact for the student should be informed to pick the student up as soon as possible
- Advise the parent/guardian/emergency contact to seek medical assessment by a health care provider, COVID testing referral through Niagara Region Public Health, or directly through Niagara Health
- Maintain cohorts that the student/staff belong to and ensure they remain separated from other cohorts
- Siblings with no symptoms may stay in school until a decision is made regarding testing for the symptomatic sibling. If a test is required by a health care provider or there is a self-referral for testing, the sibling and all other household members should self-isolate. If an assessment is required and the decision to test has not been made within 24 hours, the sibling and other household members must self-isolate until recommendations are provided for testing, or an alternative diagnosis is obtained.
- Remind staff/parent/guardian/emergency contact of infection control measures including physical distancing, hand hygiene, face covering/mask use, respiratory etiquette
- Staff will continue to monitor themselves and other students in the cohort for symptoms of COVID-19

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**Return to school scenarios for symptomatic staff and students who require an assessment or testing (i.e. they are not a student with only one lower risk symptom from Group 2)**

**Students**

If a health care provider has determined that they do not need a COVID-19 test OR they received a negative COVID-19 test, students may return 24 hours after the following four symptoms are resolved:

- Fever (without use of fever reducing medication)
- Shortness of breath
- Sore throat
- Headache

Any other symptoms they have MUST ALSO be improving. Ten days after symptoms start, children can return to school once they feel well enough, without waiting for symptoms to resolve.

If a health care provider said the symptoms they are experiencing are related to a chronic or pre-existing condition (e.g., allergies, runny nose, migraines, asthma), students can return once they feel well enough, without waiting for symptoms to resolve.

**Staff**

If a health care provider has determined that they do not need a COVID-19 test OR they received a negative COVID-19 test, staff can return to school 24 hours after symptoms go away, or 10 days after symptom onset (whichever is shorter). They need to be fever free (without use of fever medication), with general symptom improvement.

**Students AND Staff**

If COVID-19 has not been ruled out by a health care provider and/or the individual chose not be tested, the person with symptoms and the rest of the household (including siblings) must self-isolate for 10 days from the day symptoms started.

**Positive Test Results**

If a student/staff tests positive for COVID-19, Niagara Region Public Health will provide further direction to the school and the student/parent/guardian/emergency contact. The person who is positive for COVID-19 and all household members must remain in self-isolation.