

# What to do when a child has COVID-19 symptoms

## Group 1 Symptom List

- Fever
- New or worsening cough
- Difficulty breathing
- 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 your child has **one or more** symptoms from Group 1, they must stay home. You can either

Contact a health care provider for a medical assessment

**OR**

Contact the **Niagara Health COVID-19 Assessment Centre** to book an appointment for testing

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

If your child has **only one** symptom from Group 2 and none from Group 1, **you may wait 24 hours** (at home) to see if the symptom improves. If the **single symptom improves**, they **may return to school or child care** when they feel well enough. While we still encourage testing in this scenario, it is not required.

If the symptom **stays the same** or gets worse, or they have **two or more of these symptoms**, then they should pursue one of the **two options** above.

**Adults with any one symptom of COVID-19 should always self-isolate and seek assessment by a health care provider or self-refer for testing. It does not matter whether the symptom is in Group 1 or 2.**

Siblings with no symptoms may stay in school until a decision is made about testing for the child with symptoms. If a test is required by a health care provider or there is a self-referral for testing, everyone living in the house needs to self-isolate. If an assessment is required and the decision to test has not been made within 24 hours, all household members must self-isolate until advice is given for testing, or a different diagnosis is made.

# When can my child return to school/child care?

If your child has received a negative COVID-19 test OR your health care provider has determined they do not need testing, then:

Your child can return to school/child care 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 **MUST ALSO** be improving. Ten days after symptoms start, children can return to school/child care regardless of whether symptoms continue.

**OR** .....

If a health care provider has told you that the symptoms are related to a chronic or pre-existing condition (e.g. allergies, runny nose, migraines, asthma), your child can return to school/child care once they feel well enough, without waiting for symptoms to resolve.

**OR** .....

If testing for COVID-19 was declined for any reason, your child and your entire household must stay home and self-isolate for 10 days from the day the child's symptoms started.

## Positive Test Results

Niagara Region Public Health will provide further guidance and support to COVID-19 cases and their contacts. The person who is positive for COVID-19 and all household members must remain in self-isolation.

## If the Caregiver Develops COVID-19 Symptoms

Caregivers need to monitor themselves for any symptoms of COVID-19, and separate right away from uninfected members of the household if they start to feel sick.

If caregivers have any COVID-19 symptoms, they must contact their health care provider right away or contact the **Niagara Health COVID-19 Assessment Centre** to book a testing appointment.