

# COVID-19 DECISION TOOL FOR PARENTS/CAREGIVERS

## Updated December 2020

Please use this document if your child has failed their daily COVID-19 student screening at  
<https://covid-19.ontario.ca/school-screening/>

Call 911 if your child is struggling for each breath, can only speak in single words, has severe chest pain, is confused or unsure of where they are, or is losing consciousness.

NOTE: INDICATE WHICH SCENARIO THE STUDENT IS IN AND FOLLOW THE GUIDELINES ACCORDINGLY.

### SCENARIOS

- ONE** Your child develops **NEW** symptoms of **fever/chills (>37.8C/100F)**, **cough**, **difficulty breathing** or **loss of taste/smell**. OR your child develops **TWO** of the following symptoms of **sore throat**, **stuffy/runny nose**, **headache**, **nausea/vomiting/diarrhea**, **muscle ache/fatigue**.
- TWO** Your child develops **ONE** of the following symptoms of **sore throat**, **stuffy/runny nose**, **headache**, **nausea/vomiting/diarrhea**, **or muscle ache/fatigue**.
- THREE** Your child is a **CLOSE CONTACT\*** of someone with COVID-19 (confirmed by Public Health).
- FOUR** Your child has **TRAVELED OUTSIDE OF CANADA**.

### SCENARIO ONE

Your child develops **NEW** symptoms of **fever/chills (>37.8C/100F)**, **cough**, **difficulty breathing** or **loss of taste/smell**. OR Your child develops **TWO** of the following symptoms of **sore throat**, **stuffy/runny nose**, **headache**, **nausea/vomiting/diarrhea**, **muscle ache/fatigue**.



### COURSE OF ACTION

Your child must stay home. If symptoms develop while at school, they will be sent home.

### WHAT SHOULD I DO NEXT?

Parents/Guardians have three options:

1. Take your child for testing at an assessment center ([Middlesex-London, Elgin-St. Thomas, Oxford](#)) **OR**
2. Contact your health care provider for further assessment including if your child needs a COVID-19 test or other treatment (Health Care Providers are unlikely to be able to rule out COVID-19 without a test) **OR**
3. If your child will not be tested, they must self-isolate for 10 days after symptoms first appear. All members of the household must stay home and self-isolate for 14 days from when your child developed symptoms.

*Note: While waiting for COVID-19 results, all members of your household must self-isolate. Household members cannot attend work or school until COVID-19 has been ruled out.*

### WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

#### If your child has a **POSITIVE COVID-19 Test**:

Your local Public Health Unit will contact you with further direction.

- Your child must stay home and self-isolate for 10 days from the day the symptoms first appear. They may return to school after 10 days once cleared by public health, if they do not have a fever (without using medication), **AND** their symptoms have been improving for at least 24 hours.
- All members of your household will need to self-isolate for 14 days and follow public health advice.
- Contact your school regarding your child's return to school plan.

#### If your child has a **NEGATIVE COVID-19 test**:

- Your child can go back to school if their symptoms have been improving for 24 hours, **AND** if they are not a close contact\* of someone with COVID-19.
- While waiting for test results all members of your household must self-isolate. If the test is negative, household members without symptoms should self-monitor and may go to school or work.

#### If your child is **NOT tested for COVID-19 but has an alternative diagnosis unrelated to COVID-19**:

- Your child can go back to school if their symptoms have been improving for 24 hours.
- Household members without symptoms, should self-monitor and may go to school or work.

#### If your child is **NOT tested for COVID-19 and has no alternative diagnosis**:

- Your child must self-isolate for 10 days from the day symptoms started. Your child can return to school after 10 days, if they do not have a fever (without using medication) **AND** their symptoms have been improving for 24 hours.
- All members of your household must stay home and self-isolate for 14 days from when your child developed symptoms.

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## SCENARIO TWO

Your child develops **ONE** of the following symptoms of sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, or muscle ache/fatigue.

## COURSE OF ACTION

Your child must stay home. If symptoms develop while at school, they will be sent home.

### WHAT SHOULD I DO NEXT?

- Your child must stay home and self-isolate.

### WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child must stay home for 24 hours.
- If the symptom is improving, they can return to school 24 hours later. Testing is not needed.
- Household members without symptoms should self-monitor and can go to school or work.
- If the symptom is not improving after 24 hours or is getting worse, your child must stay home, self-isolate and should get tested. Additionally, household members must self-isolate at home while waiting for the test result.

## SCENARIO THREE

Your child is a **CLOSE CONTACT\*** of someone with COVID-19 (confirmed by Public Health).

## COURSE OF ACTION

Your child must not attend school and they are required to self-isolate for 14 days.

### WHAT SHOULD I DO NEXT?

- You can expect a call from your local public health unit to provide you with next steps and further information.

### WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child can return once the self-isolation period determined by public health has been completed **AND** they do not have any symptoms.
- If your child is tested and is negative, they must still complete their 14-day self-isolation before returning to school, activities and work.
- Household members' ability to attend school or work will be determined by public health.

## SCENARIO FOUR

Your child has **TRAVELED OUTSIDE OF CANADA**.

## COURSE OF ACTION

Your child must not attend school and they are required to self-isolate for 14 days.

### WHAT SHOULD I DO NEXT?

- The 14-day self-isolation period begins on the day your child returns to Canada.
- If your child develops symptoms of COVID-19 while self-isolating after travel, testing should be done at an assessment center ([Middlesex-London, Elgin-St. Thomas, Oxford](#)) or consult with health care provider if you think symptoms are not due to COVID-19.
- Your child must self-isolate from household members that did not travel. If they do not, other household members must also self-isolate.

*Note: Household members who have travelled must self-isolate from household members that did not travel. If they do not, the household must self-isolate and children cannot attend school.*

### WHEN CAN MY CHILD RETURN TO SCHOOL, ACTIVITIES & WORK?

- Your child can return once the 14-day self-isolation has been completed **AND** they do not have any symptoms.

*\* A close contact is someone who has spent greater than 15 consecutive minutes within 6 feet of someone else who tested positive for COVID-19, regardless of whether either party was wearing a mask. Through an investigation, public health determines close contacts of a positive case.*

*Note: The isolation period is 10 days for people who already have symptoms. The self-isolation period is 14 days for people who do not have symptoms but have been a close contact.*

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