



PUBLIC HEALTH AND
EMERGENCY SERVICES
Infectious Disease, Sexual Health
and Harm Reduction

99 Regina Street South 2nd Floor
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COVID-19 Parent and Caregiver Information

My child was sent home from school with COVID-19 symptoms / My child has COVID-19 symptoms. Now what?

- Complete the [Provincial school screening tool](#) and follow its instructions regarding school attendance, self-isolation and testing.
- The guidance for when your child can return to school and what other household members are required to do will depend on what symptom(s) your child has and if your child had a known exposure to a case of COVID-19 during their infectious period or have travelled in the past 14 days. See the guidance below for further direction.
 - If your child requires testing, click [here](#) for information about the local assessment centres.
 - If testing is required, your child should self-isolate while awaiting their test results.
 - Household contacts do not need to be tested unless they also have symptoms.

Guidance for symptomatic children with known exposure or recent travel

- Regardless what symptom(s) your child has, if they have **a known exposure to a case of COVID-19 during the case's infectious period or have travelled in the past 14 days**, they should be tested and your child and all other household members are required to [self-isolate](#) while waiting for the test results.
 - Negative Test Result: Despite the negative test result, if there is a reason requiring continued isolation (travel or close contact with a confirmed case) your child must self-isolate for 14 days from their last exposure. Household members can return to school or work and should [self-monitor](#) as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.
 - Positive Test Result: If the child's test result is positive, their return to school date and further testing of household contacts will be determined by public health. Self-isolate while awaiting direction from public health.

- If the child is unable or unwilling to go for testing and **has a known exposure or recent travel**, the child and all household members must self-isolate for 10 days from symptom onset or 14 days from their last exposure, whichever is longest.

Guidance for symptomatic children with no known exposure or recent travel

- If your child has **no known exposure or recent travel** and the [Provincial school screening tool](#) **does not indicate your child needs to be tested**, your child should [self-isolate](#) and stay home from school. Household contacts can continue to go to school or work and [self-monitor](#).
 - Your child can return to school when it has been at least 24 hours since their symptom started improving and do not have a fever (without using medication).
 - If the symptom persists or worsens, 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 **no known exposure or recent travel** and the [Provincial school screening tool](#) **indicates your child needs to be tested**, your child should stay home from school, get tested, and [self-isolate](#) while awaiting their test results. Household contacts can continue to go to school or work and [self-monitor](#).
 - Negative Test Result: If the child's test result is negative, they can return to school when their symptoms have been improving for at least 24 hours and do not have a fever (without using medication). **Note:** Mild symptoms known to persist in young children (e.g., runny nose) may be ongoing at time of return to school if other symptoms have been improving for at least 24 hours and there is a negative test.
 - Positive Test Result: If the child's test result is positive, their return to school date and further testing of household contacts will be determined by public health. Self-isolate while awaiting direction from public health.
- If your child has **no known exposure or recent travel** and you believe your child's symptoms are related to an existing or other illness, you can see a health care provider for clinical assessment. If a health care provider provides an alternative diagnosis, your child can return to school when symptoms have been



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improving for at least 24 hours and do not have a fever (without using medication). Household contacts should [self-monitor](#).

- If your child is unable or unwilling to go for testing or see a health care provider, your child must [self-isolate](#) for 10 days from symptom onset. Return to school can occur after 10 days, provided their symptoms have been improving for at least 24 hours. Household contacts would [self-monitor](#).



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Someone in my household has COVID-19 symptoms. Now what?

- If someone in your household has symptoms of COVID-19, they should [self-isolate](#) and complete the appropriate provincial screening tool to determine if testing is required.
 - Household member who are not students or school/child care staff : [COVID-19 Self-Assessment](#)
 - Household member who is a student or school/childcare staff: [COVID-19 School Screening Tool](#)
- Household contacts do not need to be tested unless they also have symptoms.
- The guidance for you will differ depending if your symptomatic household members had a known exposure to a case of COVID-19 during their infectious period or has travelled in the past 14 days. See the guidance below for further direction.

Guidance if your household member has a known exposure or recent travel

- If the symptomatic household member has **a known exposure to a case of COVID-19 during their infectious period or has travelled in the past 14 days** all household members are required to [self-isolate](#) while awaiting the test results of the symptomatic individual.
 - Negative Test Result: If the test result is negative, household members can return to school, as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.
 - Positive Test Result: If the test result is positive, the return to school date and further testing of household contacts will be determined by public health.
- If the symptomatic household member is unable or unwilling to go for testing and has **a known exposure or recent travel**, all household members must self-isolate for 10 days from symptom onset or 14 days from their last exposure, whichever is longest.



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Guidance if your household member has no known exposure or recent travel

- If the **symptomatic household member has no known exposure or recent travel**, household members can continue to attend school and should [self-monitor](#).
 - If the test result is positive, the return to school date and further testing of household contacts will be determined by public health.
- If the symptomatic household member is unable or unwilling to go for testing and has **no** known exposure, household members should [self-monitor](#).