

What should I do when my child has COVID-19 symptoms?

COVID-19 Symptoms

➤ FEVER ○ Fever = 38.1C(100.6F) and above (or 1.2C more than usual for individual) ➤ RESPIRATORY ○ Onset or worsening of a cough ○ Difficulty breathing, shortness of breath ○ Sore throat ➤ GENERAL ○ Sudden loss of smell without nasal congestion with or without loss of taste	➤ GENERAL ○ Generalized muscle pain (not related to physical exertion) ○ headache ○ Intense fatigue ○ Major loss of appetite ➤ GASTRO-INTESTINAL ○ Diarrhea ○ Vomiting ○ Stomach aches ○ nausea
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If your child has COVID-19 symptoms you will be asked to pick up your child from school. All members (children and adults) living in the same home will be required to go home as well.

- Stay at home, avoid contact with others, wash hands frequently and follow good respiratory hygiene practices.
- **Complete the Self-Assessment tool online** <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>
- **OR Call the 1-877-644-4545 coronavirus hotline to report your child's symptoms and follow the instructions you are given**
- If your child has major difficulty breathing, call 911
- When can my child return to school?
 - Ultimately Public Health and/or personal medical professional will determine the medical status of the child and their readiness for return
 - Students should not return to school until:
 - They have tested negative for COVID-19 and no longer have any symptoms
 - They have tested positive, have isolated for 10 days and no longer have any symptoms
 - They have been diagnosed with something other than COVID-19 (and provide written confirmation from a health professional)
 - (in the case of no test) they have been isolated for a period of 10 days and have no symptoms
 - (in the case of one of 'non' bolded symptoms – COLUMN 2) they have been observed for 24 hours, and have been free of fever for at least 48 hours (without taking fever medication) AND have no acute symptoms for at least 24 hours (this does not include cough and loss of smell, which can take a longer time to go away)
- If you are awaiting test results for your child, they must isolate while you wait for results.
- While awaiting results, all people living under the same roof as your child (even if they show no symptoms) will be required to remain in isolation at least until the child's test result is received and then follow the instructions provided.
- If your child has 1 of the bold symptoms (column 1) or two of the other symptoms (column 2), and you decide not to get your child tested for COVID-19, your child must be isolated for 10 days from the onset of symptoms AND continue until symptoms have improved. If you do not seek testing, all people living under the same roof (even if they have no symptoms) will be required to quarantine for at least 14 days from the onset of child's symptoms.
- If your child has testing completed and it confirms a diagnosis of COVID-19, please notify your child's school as soon as possible. Public Health will notify the school board as well and provide further instructions.
- Parents need to contact the administrator prior to the student's return to school.
- The completed 'Attestation for return to school' form is to be sent to the school when the child returns.
- Consult the Self-Care Guide for Parents for further information:
https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/20-210-252WA_Guide-autosoins-parents-anqlais.pdf?1608748768