

PARENTS OF CHILDREN AGED 17 YEARS AND UNDER

ATTENTION: These instructions are updated regularly

1. What symptoms are consistent with COVID-19?

Children aged 5 and under

At least one of the following symptoms:

- Fever of 38.5 °C (101.3 °F) and over (rectal temperature)
- Cough (new or worsened), shortness of breath, trouble breathing

OR one of the groups of the following symptoms:

- Sore throat **AND** fever of 38.1°C (100.6°F) and over (rectal temperature)
- Stomach pain, vomiting or diarrhea **AND** fever of 38.1°C (100.6°F) and over (rectal temperature)
- Runny nose or nasal congestion (stuffy nose) for no known reason **AND** another symptom above

Children aged 6 to 17 years and adults

One of the following symptoms:

- Fever of 38.1 °C (100.6 °F) and over (oral temperature)
- Sudden loss of smell with no nasal congestion, with or without loss of taste
- Cough (new or worsening)
- Shortness of breath
- Difficulty breathing
- Sore throat

OR at least 2 of the following symptoms:

- Runny nose or nasal congestion (stuffy nose) for no known reason
- Head ache
- Profound fatigue
- Muscle aches (not related to physical exertion)
- Significant loss of appetite
- Nausea or vomiting
- Stomach ache
- Diarrhea

2. What do I do if my child has symptoms consistent with COVID-19?

- I keep my child at home
- I do a rapid test on my child. If **this 1st test is negative**, I do a **2nd rapid test 24 to 36 hours later**
- **All children and adults living in the same household (contacts) also self-isolate** while waiting for both test results

One of the two tests is positive OR no rapid test is done

- I **continue to isolate my child** for a **total of 5 days**
- **Household contacts** also **continue** to isolate for a **total of 5 days**

Both tests are negative

- If my **child's symptoms have decreased and he/she has no fever**, the **isolation period is ended**
- If **household contacts** have **no symptoms**, they can **end self-isolation**

3. What happens after my positive or symptomatic child has been isolated for 5 days?

My child is under 12 years of age

- On **day 5 of isolation**, I do another rapid test
- If this test is **positive** or is **not done**, my child must continue his/her isolation **for an additional 5 days** for a **total of 10 days**; then his/her isolation will be complete*
- If this test is **negative**, and if **symptoms have decreased with no fever for at least 24 hours**, **isolation ends after day 5**
 - **UNTIL day 10**, my child wears a mask at all times (except in preschool) and practices 2-metre physical distancing if possible

My child is aged 12 years or older

- My child received **only 1 dose or no dose** of vaccine:
 - He/she must continue **isolation for an additional 5 days** for a **total of 10 days**; then his/her isolation will be complete*
- My child received **2 doses of vaccine**:
 - **After day 5**, if **symptoms have decreased with no fever for at least 24 hours**, **isolation ends**
 - **UNTIL day 10**, my child wears a mask at all times and practices 2-metre physical distancing if possible

* For my child who must **isolate for a total of 10 days**:

- **Between day 6 and day 10** his/her **isolation could end**, if my child obtains **negative results** in **2 rapid tests taken 24-36 hours apart**

4. What happens to people living in the same household after having isolated 5 days at the same time as my positive child?

Contact under the age of 12 ?

- On **day 5** of isolation, these contacts do a **rapid test**
- If this test is **positive** or is not done see section 5
- If this test is **negative** and there are no symptoms, isolation can end **after day 5**
 - **UNTIL day 10**, the child wears a mask at all times (except in preschool) and practices 2-metre physical distancing when possible

Contacts 12 years and older ?

- The **contact** received **only 1 dose or no dose of vaccine**:
 - He/she must continue **isolation for an additional 5 days**, for a **total of 10 days**
 - **After 10 days**, his/her **isolation will be complete** if there are no **symptoms**
- The **contact** received **2 doses of vaccine**:
 - **After day 5**, isolation will be complete if there are no **symptoms**;
 - **UNTIL day 10**, the person wears a mask at all times and practices 2-metre physical distancing when possible

5. What if someone else in our household becomes symptomatic or positive?

- This person has to **isolate** for an **additional 5-days**
- **After day 5**, isolation is ended in accordance with the criteria in **section 3**
- **Other household contacts do not need to isolate** for an **additional 5-days** and can return to their regular activities

6. If my child has been positive or symptomatic, when can he/she get his/her COVID-19 vaccine?

- To increase the immune system's response, it would be preferable to wait eight weeks before my child can receive a dose of vaccine
- However, there is **no risk** for my child to **receive it before the recommended 8 weeks**
<https://www.quebec.ca/en/health/advice-and-prevention/vaccination/covid-19-vaccine>

7. Other important information

- There is **no need to extend the household contact isolation period** if another household member becomes a **positive COVID-19 case**
- Individuals who have had **COVID-19 after December 20** are **considered immune for 90 days** and **do not need to isolate or take a screening test**. This includes individuals that have had:
 - **COVID-19 infection confirmed by test** (rapid or PCR) **OR**
 - **Symptoms compatible with COVID-19 AND have been a household contact of a confirmed positive case by test** (rapid or PCR) **in the last 14 days**
- Individuals who are **infected AND are also immunocompromised** need to **isolate for 21 days** and not 5 days. **After day 21**, if **symptoms have decreased with no fever for at least 24 hours**, isolation ends
- If a **child (positive case) with special needs is unable to take a rapid test**, the child needs to **isolate until day 6**. However, if the **positive case and the other members of the group do not wear a mask**, the child remains in isolation until day 10

8. Online information available

What symptoms are consistent with COVID-19

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment#c79519>

What to do if you have COVID-19 symptoms

AS OF JANUARY 21, 2022

WHAT SHOULD I DO IF I HAVE COVID-19 SYMPTOMS

ISOLATE YOURSELF AND TAKE A RAPID TEST

Positive
ISOLATE YOURSELF

Negative
ISOLATE YOURSELF AND TAKE A RAPID TEST

Positive
ISOLATE YOURSELF

Negative
RESUME YOUR ACTIVITIES AND PRACTICE PHYSICAL DISTANCING

PERIOD OF ISOLATION

12 days and over

5 DAYS
If the test is positive, isolate yourself for 5 days after the test result is positive.

5 DAYS
If the test is negative, isolate yourself for 5 days after the test result is negative.

21 DAYS
If you are immunocompromised, isolate yourself for 21 days after the test result is positive.

10 DAYS
If you are immunocompromised and the test is negative, isolate yourself for 10 days after the test result is negative.

Québec.ca/testing

https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/guide_rapide_tests.pdf?1642538985

[Québec.ca/testing](https://www.quebec.ca/testing)

Instructions Guide for Isolation

AS OF JANUARY 21, 2022

DURATION OF ISOLATION
If one of the following situations applies to you:

- My COVID-19 test result was positive
- I have COVID-19 symptoms and have not taken a screening test
- I live in the same home as someone who has COVID-19*
- I am in a couple relationship with someone who has COVID-19 but does not live with me*

Isolation starts either from the date of symptoms onset, date of test if there are no symptoms, or date when contact with an infected person occurred.

Less than 12 years of age	12 years up
Adaptively vaccinated and fully vaccinated	5 DAYS If the test is positive, isolate yourself for 5 days after day 5. If the test result is positive, isolate yourself for 5 days after the test result is positive.
Not adaptively vaccinated	10 DAYS If the test is positive, isolate yourself for 10 days after the test result is positive. If the test result is negative, isolate yourself for 10 days after the test result is negative.

* Companion care and other roles as needed for at least 14 days.

If you are a **health worker**, contact your place of work for instructions on ending isolation and returning to work.

If you develop symptoms, extend your isolation and take a screening test.

Québec.ca/isolation

https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/feuillelet_duree_isolement-anglais.pdf?1643746460

[Québec.ca/isolation](https://www.quebec.ca/isolation)