

# CONSIDER TESTING YOUR CHILD FOR COVID-19

PLEASE HAVE YOUR CHILD TESTED FOR COVID-19 IF THEY HAVE ANY SYMPTOMS.

Assessment centres are available throughout the County of Simcoe and District of Muskoka and are listed on our website at: [www.smdhu.org/COVID19](http://www.smdhu.org/COVID19)

Testing for children can include the following:

- Nasopharyngeal swab – a thin flexible swab is inserted into the nose to the back of the nose/throat
- Nasal swab – a larger, sturdier swab is inserted ~2 cm (1 inch) into the nose
- Throat swab – a larger, sturdier swab is inserted into the mouth to the back of the throat/tonsils area

## TESTING VS NOT TESTING MY CHILD?

Child will be tested	While waiting for your test results...	If the test is negative...	If your test is positive...
Children who are tested may be able to return to the centre earlier than if not tested.	Children are to be excluded from the centre and under home isolation until results are known. Any siblings, regardless if they have symptoms, who attend the same centre are asked to be excluded and remain under home isolation as well.	Children may return to the centre when they have been free of symptoms for 24hrs. Siblings with no symptoms can return immediately to the centre.	Children are required to be excluded from the centre and will be isolated for 14 days from the beginning of their symptoms. Siblings will need to be excluded/isolated as well. A SMDHU investigator will provide further direction about your child's positive result.
Child will NOT be tested	Child's siblings & cohort/classroom	What does testing entail?	Where do I take my child for testing?
Children who are not tested could be excluded from the centre & under home isolation up to 14 days. Exclusion is at the discretion of the Medical Officer of Health.	Siblings attending the same child care centre may be excluded and asked to be under home isolation. There is also a possibility the entire cohort/classroom of the ill child will be excluded for 14 days.	See above for testing options for children.	Please go to one of the local assessment centres for testing. Every assessment centre is able to test children of any age except for Midland and Alliston. These assessment centres are only able to test children over the age of 2 years.

If you are concerned about your child's symptoms call Telehealth Ontario at 1-866-797-0000 or contact your health care provider. If you need urgent medical attention call 911.

# FOLLOW-UP INSTRUCTIONS FOR CHILDREN RE: COVID-19

## HOME ISOLATION/EXCLUSION OF CHILDREN

- Children under isolation/exclusion should stay home except to get medical care.
- They should not use public transportation, taxis or rideshares or go to any public places (indoor or outdoor).
- They should not have visitors and/or friends over during their isolation period and should avoid contact with seniors and those with chronic medical conditions.
- Keep the area they are isolating in well ventilated. If possible open windows and children should avoid tobacco or other smoke.
- All adults and children in a home should try to keep a distance of at least two metres from each other, if possible.
- Children should be reminded to wash their hands often with soap and water and cover their coughs & sneezes.
- Adults caring for ill children should refer to [Self-isolation: Guide for caregivers, household members and close contacts](#) by searching "Public Health Ontario, Guide to Self-isolation".

## MORE ABOUT COVID-19

- Some people can be infected and have no symptoms. Some can test positive and then develop symptoms.
- The majority of COVID-19 cases will be mild. The symptoms being noted in children are not always the same as in adults. Children can have: unexplained tiredness; aches and pains; increased number of falls; chills; headaches; croup; eye infections; gastrointestinal symptoms (nausea, vomiting and/or diarrhea); rashes; difficulty feeding in infants.
- It is important to monitor your child's symptoms of COVID-19. If their symptoms worsen and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your health care provider.
- If you need urgent medical attention (for example: if your child has rapid heart rate, feels faint, has shortness of breath or difficulty breathing) call 911.

## HOW TO GET YOUR CHILD'S TEST RESULTS

- For test results, visit [covid-19.ontario.ca](https://covid-19.ontario.ca) and click on "check your lab results".
- Your child's results may also be available through other laboratory online portals you already subscribe to (e.g. Life Labs, Dynacare).
- A test result is usually available in 2-10 days.

## WHAT DOES A NEGATIVE TEST MEAN?

- If your child tests negative for COVID-19, it means they did not have detectable virus at the time their sample was collected. This does not mean they will not get sick. It also does not mean that they will not be exposed to, test positive for or become sick with COVID-19 at any time after their test.
- The test result only means that they did not have detectable COVID-19 at the time of testing.

## CAN THE TEST DETERMINE IF MY CHILD HAD COVID-19 IN THE PAST (BUT NOT NOW)?

- No. This is not an antibody/serology test. This swab test only determines if your child has COVID-19 at the time the test is collected. Currently, antibody/serology tests are not yet available in Ontario.