

MY CHILD HAS BEEN IDENTIFIED AS A CLOSE CONTACT OF SOMEONE CONFIRMED TO HAVE COVID-19

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When a person is confirmed to have COVID-19, the Simcoe Muskoka District Health Unit does an investigation to gather more information. We ask questions of the person who has COVID-19 (or their parents/guardians) and may also contact the school/child care to gather information to understand who may be at risk of exposure.

The health unit decides who is a close contact by looking at what personal protective equipment (PPE) was worn by the person who has COVID-19, who they were close to, as well as what type of interaction they had. For this reason, the definition of close contact may not be the same in every situation. **Note:** Students who are not fully immunized and in close contact (in a cohort, class, bus, etc.) with someone who has tested positive for COVID-19, should generally expect to be excluded from school. Those who are fully immunized should generally expect to be able to continue to attend school.

WHY IS MY CHILD A CLOSE CONTACT?

After investigating the situation, we have concluded that your child may have been exposed to COVID-19 by being close to a person who is confirmed to have COVID-19 in any of the following situations:

- being in the same classroom, cohort or bus,
- being closer than 2 metres (6 feet), for 15 minutes in total (e.g., at one time, or through smaller interactions adding up to 15 minutes), when either your child or the other person was not wearing a mask.

WHAT DOES IT MEAN THAT MY CHILD IS A CLOSE CONTACT?

Your child must stay home and self-isolate and get tested for COVID-19 as per public health guidance. A person who is not fully immunized and is a close contact must stay out of school for 10 days (longer if they develop symptoms that last longer than the 10 days). Those who are fully immunized should generally expect to be able to continue to attend school.

WHY SHOULD I TAKE MY CHILD FOR TESTING, THEY DON'T HAVE ANY SYMPTOMS?

It is important to get your child tested at an assessment centre because they have been in close contact with another person that has tested positive. It is possible to get a positive test result and to be infectious to others without having any symptoms. **(Please do not use an at home testing kit/rapid antigen test kit).**

DO HOUSEHOLD MEMBERS NEED TO GET TESTED?

If your child has no COVID-19 symptoms, household members do not have to get a COVID-19 test. See [Follow-Up Instructions for Individuals Tested for COVID-19](#) for more information about instructions for family members.

WHY DOES MY CHILD NEED TO ISOLATE IF THEIR COVID-19 TEST IS NEGATIVE?

Your child must isolate for the full time period indicated by the health unit, even if they don't have symptoms and even with a negative test result. This is because the COVID-19 incubation period (the period between exposure to the virus and the start of the first symptoms) can be up to 10 days from the time they were exposed to the virus.

WHAT HAPPENS IF MY CHILD DEVELOPS SYMPTOMS?

They need to stay in isolation at home, and it is important that you contact the health unit because this is new information that could help with the investigation. Follow the guidance from your public health contact about getting tested.

WHAT HAPPENS IF MY CHILD'S TEST RESULT IS POSITIVE?

Most children with COVID-19 will have mild symptoms and are able to recover at home with a caregiver without needing hospitalization. If your child receives a positive COVID-19 test result, you will be contacted by public health and provided with further direction.

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SHOULD HOUSEHOLD MEMBERS STAY HOME FROM SCHOOL/CHILD CARE OR WORK?

Child has symptoms of COVID-19	Child does not have symptoms of COVID-19
<p>Household members (including siblings) who are fully immunized or previously tested positive within the past 90 days are not required to self-isolate, as long as the household member does not develop symptoms.</p> <p>Household members who are not fully immunized and not previously positive within the past 90 days:</p> <ul style="list-style-type: none"> • Must isolate while the child is awaiting their test results. • Must isolate if the child tests positive. • Can stop isolating if the child tests negative, but should stay home except for essential reasons (school, work, childcare). 	<p>Household members (including siblings) who are fully immunized or previously tested positive within the past 90 days are not required to self-isolate, as long as the household member does not develop symptoms.</p> <p>Household members who are not fully immunized and who were not previously positive within the past 90 days should stay home except for essential reasons (school, work, childcare) if the child is asymptomatic.</p>

HOW DO I SUPPORT MY CHILD TO ISOLATE AT HOME?

- Your child must stay in their own home unless they leave to be tested or for other medical reasons.
- An adult who already lives with the child should care for them. For children who are part of shared custody agreement, where possible, parenting exchanges should not take place when a child is isolating and should only resume once the isolation period is over.
- For young children, one healthy person should provide care and wear a mask when in close contact (within 2 metres). Gloves and eye protection can also be worn if available. For older children we recommend they keep as much distance as possible from the people they live with and wear a mask or face covering that covers their nose and mouth if they need to be within 2 metres of household members.
- If there are vulnerable people who live in the home, they should not provide care for your child unless necessary.
- Do not have any visitors to your home while your child is isolating.
- Do not share items with your child (like a drinking glass, utensils etc.) unless washed thoroughly between uses.
- If possible, have your child use a separate bathroom and bedroom. If this is not possible, clean commonly touched surfaces (like doorknobs, light switches, counters, etc.) more often.
- Encourage your child to wash their hands often with soap and water. Give them a paper towel or a cloth towel that is just for them to use.
- Your child is not allowed to attend any activities, sports, clubs, events, play dates etc. during their isolation.
- Caregivers and other members of the household should monitor themselves for symptoms of COVID-19.

WHY DOESN'T THE HEALTH UNIT SHARE WHO THE PERSON IS THAT TESTED POSITIVE?

Due to privacy laws, the health unit will not release personal or identifying information about any staff or student who is ill unless deemed necessary. All efforts will be made to protect the privacy of individuals who have been diagnosed.

For more information about COVID-19 please contact Health Connection at 1-877-721-7520.

Public health professionals are available Monday to Friday from 8:30 a.m. to 4:30 p.m.