

MY CHILD HAS COVID-19 SYMPTOMS – NOW WHAT?

WHAT SHOULD I DO IF MY CHILD HAS SYMPTOMS BEFORE SCHOOL OR CHILD CARE?

Children who have even **ONE** new symptom of COVID-19 that lasts more than a **few hours** should **stay home** from school ([self-isolate](#)) and **should be tested** at an assessment centre. Please contact your child's school to let them know that your child has symptoms of COVID-19.

All household members of the ill child are to self-monitor for 14 days. They can continue to go to school or work, as long as they have not developed symptoms themselves, and as long as the ill child has not been diagnosed with COVID-19.

WHAT HAPPENS IF MY CHILD HAS SYMPTOMS AT SCHOOL OR CHILD CARE?

If a child has even **ONE** new symptom of COVID-19 that seems to be lasting, while at school or child care, they will be isolated and you will be asked to pick them up and should get them tested at an assessment centre.

While children are sick they should not:

- use public transportation, taxis or rideshares, or go to any public places (indoor or outdoor)
- have visitors and/or friends over and should avoid contact with seniors and those with chronic medical conditions.

HOW TO CARE FOR A SICK CHILD

Children who have mild COVID-19 symptoms, which is the case for most children with COVID-19, are able to stay at home with a caregiver throughout their recovery without needing hospitalization.

DO NOT take your child to the emergency room with mild symptoms. Watch for the start or worsening of these rare symptoms and **call 911** if your child is:

- having difficulty breathing (struggling for each breath, can only speak in single words)
- confused or very sleepy
- fainting or losing consciousness
- complaining of chest pain or very bad stomach pain

When caring for a sick child:

- Keep the area they are isolating in well ventilated. If possible open windows and children should avoid exposure to 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. Refer to [Self-isolation: Guide for caregivers, household members and close contacts](#).

HAVE YOUR CHILD TESTED

Assessment centres are located throughout the County of Simcoe and District of Muskoka and are listed on our website at:

www.smdhu.org/COVID19

Testing for children may include the following depending on the assessment centre and the health care provider:

- Nasopharyngeal swab – a thin flexible swab is inserted into the nose to the back of the nose/throat (preferred and recommended method)
- Throat swab – a larger, sturdier swab is inserted into the mouth to the back of the throat/tonsils area (alternative testing method for children who cannot tolerate a nasopharyngeal swab)

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HOW TO GET YOUR CHILD'S TEST RESULTS

For test results, visit covid-19.ontario.ca and click on "check your lab results" or check other laboratory online portals you already subscribe to (e.g. Life Labs, Dynacare).

Testing Scenario	Public Health Requirements
Sick child is tested	<p>Children who are tested may be able to return to child care or school earlier than if not tested.</p> <p>While waiting for test results: Children CANNOT go to child care or school and they have to stay home and self-isolate until test results are known. All household members are to self-monitor, but can continue to go to child care, school or work as long as they have not developed symptoms themselves.</p> <p>If the results are negative: Children may go to child care or school when they have been free of symptoms for 24 hours. (Mild symptoms known to last in young children (e.g. runny nose) may be ongoing at the time of return to school if other symptoms have resolved.) Household members no longer have to self-monitor.</p> <p>If the results are positive: Children have to stay home and self-isolate for 14 days from the beginning of their symptoms. Household members will need to self-isolate as well. A health unit investigator will contact you and provide further direction about your child's positive result.</p>
Sick child is NOT tested but has a different diagnosis	<p>On occasion, if you feel there is another reason for the new symptom(s), contact a health care provider, such as your primary care provider as usual. If the health care provider decides that your child has another condition (an alternative diagnosis), and that the condition is NOT COVID-19, your child may return to child care or school without a negative test when they have been free of symptoms for 24 hours. Household members no longer have to self-monitor.</p>
Sick child is NOT tested and does not have a different diagnosis	<p>If your child is NOT tested for COVID-19 and there is not a clear alternative diagnosis, they cannot go to child care or school and your child must self-isolate at home for 14 days from the start of their symptoms. All household members are to self-monitor for 14 days, but can continue to go to child care, school or work as long as they have not developed symptoms themselves.</p>

WHAT DOES A NEGATIVE TEST MEAN?

If your child tests negative for COVID-19, it means the test could not identify the virus at the time their sample was collected. It 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.

Please contact Health Connection if you have any questions at 1-877-721-7520.

The COVID-19 phone line is available Monday to Friday from 8:30 a.m. to 6:00 p.m. and Saturdays 8:30 a.m. to 4:30 p.m.

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