

Child/Student with Symptoms

Updated September 2022

Complete the [School and child care screening](#) before going to school or child care each day.

(If the individual being screened is immunocompromised or living in a high-risk congregate care setting, your isolation requirements may differ. See the [provincial screening tool](#) for additional guidance.)

Stay home if sick



After isolating, wear a mask in all public settings including school and childcare from 10 days when your symptoms started or you tested positive, whichever came first.



Follow this advice whether tested for COVID-19 or not



Do you have any of these new or worsening symptoms*?



Fever
(37.8°C or higher)
and/or chills



Cough
(that is new or
worsening)



**Shortness of
breath**



**Decrease or loss of
taste or smell**

**If yes, stay home
and follow additional
precautions.**



Do you have any of these new or worsening symptoms*?



**Sore throat
or difficulty
swallowing**



**Runny
nose or
nasal
congestion**



Headache
(unusual
or long
lasting)



**Extreme
tiredness
or lack of
energy**



**Muscle
aches
or
joint
pain**



**Nausea,
vomiting,
and/or
diarrhea**

**If yes to two or more
symptoms, stay home
and follow additional
precautions.**

**If yes to one
symptom,
stay home.**



Do you have any of these new or worsening symptoms*?



Abdominal pain



Pink eye



**Decreased or
lack of appetite**



If yes, stay home



* Answer NO to the symptoms if they are from a known health condition. If the symptom is new, different or getting worse, answer YES. If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, wear a mask and answer NO.

When can my child return to school or child care?

- Stay home (self-isolate) until you have no fever and your symptoms have been improving for a **full 24 hours or 48 hours** if nausea, vomiting, and/or diarrhea (not just overnight).
- Upon return to school or childcare, follow additional precautions below if indicated.
- If your child tested positive and does not have symptoms of illness, they can return to school or child care while following the additional precautions.

What are the additional precautions?

Additional precautions should be followed for 10 days following the start of symptoms OR a positive COVID-19 test (whichever came first) OR for 10 days after your last close contact with an individual who has symptoms/ a positive COVID-19 test.

- Wear a well-fitted mask in all public settings including schools and child care (unless under the age of 2).
- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, or high contact sports where masks cannot safely be worn).
- Avoid visiting highest-risk settings such as long-term care homes and hospitals.
- Avoid visiting anyone who is immunocompromised or may be at higher risk of illness.

** These measures can be an added layer of prevention against the spread of respiratory viruses*



What should household members and close contacts do?

- For 10 days following exposure to sick person, monitor for symptoms and follow additional precautions including wearing a mask.
- In the case of new or worsening symptoms, stay home (self-isolate).

COVID-19 testing and treatment

If COVID 19 testing is available and you are at higher risk of severe illness, you should get tested by taking either:



- 1 PCR or rapid molecular test ([if eligible](#)), or
- 2 rapid antigen tests taken 24 to 48 hours apart (the second test is not needed if the first one is positive).

If you are at higher risk of severe illness, you should get [tested for COVID-19](#) as soon as possible to be able to receive treatment that can prevent severe illness.

Travel outside of Canada

- For federal travel requirements visit: travel.gc.ca/travel-covid

Get the COVID-19 vaccine and other routine immunizations when eligible.

- Vaccines are safe, effective and the best way to protect you and those around you from infectious diseases. Learn more at: www.ontario.ca/page/vaccines