



What should I do if my child is sick?

Students should stay home from school if they are sick, no matter how mild the symptoms.

If a student displays any symptom of illness while at school, they will be isolated and their parent/guardian will be contacted to pick them up.

If your child has one symptom from Column A, they should get tested for COVID-19.

If your child has two symptoms from Column B, they should get tested for COVID-19.

If your child has only one symptom from Column B, they should stay home.



Column A

Do you have a new onset, or worsening, of any ONE of the following symptoms?

- Fever > 38°C or think you have a fever or chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

Column B

Do you have a new onset, or worsening, of any TWO of the following symptoms?

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

A child should not come to school when...

- They are sick, no matter how mild the symptoms.
- They have tested positive for COVID-19 from a test taken at a lab or at a provincial testing site or from a rapid antigen test (RAT) or if they are awaiting test result.
- They have COVID-19 symptoms, regardless of whether they have been exposed through travel or contact with a case. If a child does not go for testing, you should assume they have COVID-19 and follow the below guidance for cases.

Close contacts of COVID-19 cases (including members of the household) are not required to self-isolate if they do not have symptoms. If a close contact develops COVID-19 symptoms, it is recommended that they get tested.

Isolation Recommendations

Isolation for COVID-19 is still advised in the following situations:

- People with symptoms should stay home and isolate for five days (no matter their vaccination status) after symptom onset until they have no fever and other symptoms have improved over the past 24 hours.
- Individuals who have tested positive but do not develop symptoms should isolate for five days from the date of the test.
- Individuals should wear a well-fitting, well-made mask if they must have contact with other people while ill or when their isolation is finished for 10 days after the onset of symptoms or test date if asymptomatic.