What to do when a child has COVID-19 symptoms

If a child has **one or more** of the following **new or worsening** symptoms:

- Fever/chills
- Cough
- Runny nose or stuffy/congestion
- Decrease or loss of taste or smell
- Sore throat
- Headache
- Nausea, vomiting or diarrhea
- Fatigue, extreme tiredness or muscle aches

They must **self-isolate at home** immediately and either:

Contact a health care provider for a medical assessment

OR

Contact the **Niagara Health COVID-19 Assessment Centre** to book an appointment for testing

If you have any questions about COVID-19, contact the COVID-19 Info-Line at 905-688-8248 press 7 or chat online.

Returning to School/Child Care

Children who need an assessment for testing based on their symptom(s) are not allowed to return to school/child care, or go to any public setting until ONE of the following has happened:

A health care provider has told you that your child does not need a test for COVID-19.

OR ··

Your child had a test that was negative for COVID-19. They may go back to school/child care 24 hours after fever, shortness of breath, sore throat, and headache have all gone away without use of fever reducing medications **AND** any other symptoms are improving.

OR ··

If your child was not assessed by a health care provider, and testing for COVID-19 was declined for any reason, we must assume the child has COVID-19 and the child is to self-isolate for 10 days and stay away from household members.

NOTE: Ten days after symptoms start, children can return to school/child care as long as they don't have a fever (without use of fever reducing medication) and they are feeling better.

OR ··

A health care provider has told you that the symptom(s) are related to a chronic or pre-existing condition (e.g., allergies, post-nasal drip, migraines, asthma). In this case, your child can return to school/child care once they feel well enough, without waiting for symptoms to go away.

Siblings and Other Household Members Living with a Symptomatic Child

- If a test is recommended by a health care provider for the symptomatic child, or a decision is made to get testing at an assessment centre, all household members are to self-isolate at least until the test results are back. If the test is negative, household members can leave self-isolation.

- All household contacts are to stay home and self-isolate for 14 days unless COVID-19 is ruled out by your health care provider or a negative test is received.

  NOTE: If self-isolation away from household members is not possible, household members are to remain in self-isolation for 14 days from last exposure to the symptomatic child. If household members become symptomatic, they should consult their health care provider and/or go for testing.

- If a child has been sent home because they have been in contact with a positive case their siblings and other members of the household may continue with essential activities such as school, work, medical appointments and groceries, as long as all household members remain symptom free.

- If a health care provider has told you that your child does not need a test for COVID-19, household members can leave self-isolation.

Positive Test Results

Niagara Region Public Health will provide further guidance and support to individuals who test positive and their contacts.