

Can my child go to school today?

Use this step by step tool to know whether your child should go to school today or not.

If you need help to decide, please call the **COVID-19 Health Line at 1-888-662-7482 (Mon-Fri 8AM to 7PM, Sat-Sun 12PM-7PM)** or call your CLSC.

STEP 1

If your child has any of these symptoms, keep him/her at home for 24h to observe:



Children ages **5 and under**:

- Rectal temperature of 38.5°C (101.3°F) or higher

Children ages **6 and older**:

- Oral temperature of 38.1°C (100.6°F) or higher



- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



- Cough (new or worse)
- Shortness of breath, difficulty breathing ⚠️
- Sore throat
- Runny or stuffy nose



- Nausea
- Vomiting
- Diarrhea
- Stomach ache

Siblings that have no symptoms can go to daycare or school.

⚠️ If you notice any of the following it is an emergency, call your local CLSC and bring your child to the clinic quickly:

- Difficulty in breathing
- Blue lips
- Difficulty moving
- No urine for 12 hours
- Confusion
- Disorientation
- Difficulty staying awake / sleepiness



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STEP 2

After 24 hours of observation at home, I reassess my child.

If you need help in doing this please call the COVID-19 Health Line at 1-888-662-7482.

SITUATION 1: My child is doing much better, and has no more symptoms.

He/she does not need to be tested. It is safe to send him/her back to school.

If the child **had a fever** :

1. before considering the fever over, make sure the child is off medication (motrin/tylenol), and
2. wait 48 hours after the last fever before sending the child back to daycare.

SITUATION 2: My child still has symptoms.

Keep your child home. He/she might need to be tested for COVID before he/she can safely go back to school.

Here are the symptoms and combinations of symptoms that need COVID testing:

Any ONE of these symptoms:

- Fever (38.1°C+ oral temperature (100.6 °F) or higher)
- Loss of taste or sense of smell
- Cough (new or worse)
- shortness of breath
- trouble breathing

Any TWO of these symptoms:*

- Stomach ache
- Vomiting
- Diarrhea
- Sore throat
- Runny nose
- Congestion
- Major fatigue
- Loss of appetite
- Generalized muscle pain

*For example, a child with only a runny nose will not need to be tested.

If you think your child needs a COVID test, call the COVID-19 Health Line at **1-888-662-7482** during opening hours (Mon-Fri 8AM-7PM, Sat-Sun 12PM-7PM) or call your CLSC.

If your child is **still sick** but does not have these symptoms / combination of symptoms, you fall into **situation 3**:

SITUATION 3: My child still has symptoms, but none from the above list that require testing.

1. Your child **does not need a COVID test**, and
2. He/she can safely go back to school **24h after symptoms have significantly improved**.
Please note that if there was fever, return to school must be at least **48h after the last fever**.



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