

My Child Did Not Pass the COVID-19 Daily Screening. Now What?

(Please see [STUDENT SCREENING TOOL](#) for details on symptoms and screening.)

NOTE: If your child has none of the symptoms of COVID-19 listed below, **AND** they have not travelled outside of Canada in the past 14 days, **AND** they have not been identified as a close contact of someone who is confirmed as having COVID-19 **AND** have not been directed by a healthcare provider or public health to isolate → **they may go to school and/or child care.**

If your child has a new or worsening symptom (not related to a known cause or condition):

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

OR

If your child has **TWO or MORE** new or worsening symptoms (that are not related to a known cause or condition) that include:

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) that include:

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea/vomiting/diarrhea
- Fatigue/lethargy/muscle aches/malaise

WAIT

Your child should **stay home for 24 hours** to be monitored to see whether the symptoms get better or worse.

GO - If symptoms improve

If within 24 hours your child starts to feel better and **symptoms are improving**, they can return to school and/or child care when well enough to do so. COVID-19 testing is not needed.

If your child has:
Travelled outside of Canada in the past 14 days.
OR
Been identified as a close contact of someone who is confirmed as having COVID-19.
OR
Has been directed by a healthcare provider or public health to isolate.

STOP

Your child must not attend school or child care. Contact the school or child care to let them know.

Your child should isolate (stay home) and follow the advice of the Simcoe Muskoka District Health Unit.

If your child develops symptoms, you should **visit a COVID-19 assessment centre for testing** and/or seek medical advice, if required.

Follow the return to school and child care protocol for children/students on page 2.

STOP

Your child must not attend school or child care. Contact the school or child care to let them know.

Your child should isolate and **visit a COVID-19 assessment centre for testing** and/or seek medical advice, if required.

Follow the return to school and child care protocol for children/students on page 2.

STOP - If symptoms get worse

See pg.2

See pg.2

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When Can My Child Return to School or Child Care?

If your child was advised to isolate immediately and to **visit a COVID-19 assessment centre for testing** and/or seek medical advice, if required, then follow the steps below to determine when they can return to school.

Negative COVID-19 Test Result

If your child was tested for COVID-19 they are required to self-isolate until test results are available.

If the test results are negative, your child may return to school or child care if all three of the following criteria are true:

They do not have a fever (without taking medication)

AND

It has been at least 24 hours since symptoms started improving

AND

They have not been in close physical contact with a person who currently has COVID-19.

Not Tested for COVID-19

If your child received an alternate diagnosis from their primary health care provider (i.e. it is not believed to be COVID-19), your child may return to school or child care once it has been at least 24 hours since symptoms started improving.

OR

If your child has not been given an alternate diagnosis and was not tested for COVID-19, they must begin a self-isolation period for minimum of 10 days from the start of their symptoms. After self-isolating for 10 days, they may return to school or child care if they do not have a fever and if it has been at least 24 hours since their symptoms started improving.

Positive COVID-19 Test Result

If your child received a positive COVID-19 test result, they can return to school or child care when:

They have completed 10 days of isolation after the onset of symptoms

AND

No longer have a fever

AND

Symptoms have been improving for at least 24 hours.

*** Medical documentation is not required to return to school. Schools or child care may request that parents/guardians complete a *COVID-19 Return to School and/or Child Care Attestation Form* and submit it to the school/child care upon your child's return.**

***All household members of the symptomatic child are to self-monitor for 14 days. They can continue to go to child care, 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.**

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Please note:

In general, children should no longer have a fever and their symptoms should be improving to be able to return to school/child care.

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)

IF YOU CHOOSE NOT TO HAVE YOUR CHILD TESTED

It is difficult for a health care provider to rule out COVID-19 without a test. The actions you take to understand your child's symptoms will impact when they can return to childcare and/or school. **Children who are tested may be able to return to child care or school sooner than if they are not tested.**

If the screening tool indicates that your child should be tested for COVID-19 and/or should seek medical assessment, if required, and you choose to have your child assessed by a health care provider:

- Then, if the healthcare provider gives an alternate diagnosis (i.e. not COVID), your child can return to school and/or child care after symptoms start improving for at least 24 hours.
- If the health care provider gives an alternate diagnosis which is clearly non-infectious, they can return to school and/or child care prior to symptom improvement.

If the screening advises that your child should be tested for COVID-19 and/or should seek medical assessment, if required, and you choose not to have your child tested or seen by a health care provider:

- Then your child will need to isolate (stay home) for 10 days from the time their symptoms started (even if symptoms go away). After self-isolating for 10 days, they may return to school and/or child care if they have been at least 24 hours without a fever (without taking medication) and if their symptoms are improving.
- Due to the mild and/or fairly brief duration of symptoms often seen with COVID-19, it is difficult for a health care provider to rule out COVID-19, without testing or an alternate diagnosis.
- If there is a positive COVID-19 result, SMDHU will conduct case and contact management and provide guidance. For more information, refer to the SMDHU's school protocol for when students/staff test positive for COVID-19 and school protocol for when a COVID-19 outbreak is declared.

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).

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.

Visit www.smdhu.org or contact Health Connection if you have any questions at 1-877-721-7520

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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