

WHAT TO DO WHEN A CHILD/YOUTH IS UNWELL

Every child/youth needs to be screened daily before going to school/child care, using the COVID-19 School and Child Care Screening Tool at: <https://covid-19.ontario.ca/school-screening>. The tool will assess if the child/youth can go to school/child care that day and will provide next steps.

When a child/youth is unwell

If you notice the child/youth has new or worsening symptoms, what you need to do depends on whether the symptom is usual and explainable for the child/youth, or if it is a brand new symptom(s) that could be COVID-19. Use the following table to help guide your next steps:

Symptoms	Instructions
<p>If the child/youth has ONE OR MORE new or worsening symptom(s) that include:</p> <ul style="list-style-type: none"> • Fever and/or chills Temperature of 37.8°C/100°F degrees or higher • Cough or barking cough (croup) Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have) • Shortness of breath Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have) • Decrease or loss of taste or smell Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have • Sore throat or difficulty swallowing Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have) • Runny or stuffy/congested nose Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have • Headache Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have) • Nausea, vomiting, and/or diarrhea Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have • Extreme tiredness or muscle aches Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have) 	<p>The child/youth should isolate (stay home) and not leave except to get tested for COVID-19, talk with a health care provider or medical emergency. Siblings and other people you live with should stay home until the child/youth showing symptoms tests negative, is cleared by NWHU, or is diagnosed with another illness.</p> <p>Return to School/Child Care: No test: If you choose not to test the child/youth, they must self-isolate for 10 days from the date their symptom(s) first appear. They may return to school/child care after 10 days if they do not have a fever (without taking medication), and their symptoms are improving for 24 hours.</p> <p>All other household members must also isolate for 14 days from last contact with symptomatic person.</p> <p>If child/youth gets an alternate diagnosis from a health care provider, they can return to school/child care if they do not have a fever (without using medication) and it has been at least 24 hours since their symptoms started improving.</p> <p>Negative test: If the child/youth receives a negative test result (they do not have COVID-19), they can return to school/child care if all of the following apply:</p> <ul style="list-style-type: none"> • They do not have a fever (without using medication) • It has been at least 24 hours since their symptoms started improving • They have not been told by public health to self-isolate <p>All other household members can return to school and work when the negative test is received, if they pass the screening tool.</p> <p>Positive test: If the child/youth receives a positive test result (they have COVID-19):</p> <ul style="list-style-type: none"> • NWHU will contact the youth/caregiver directly. The child/youth must continue to self-isolate. • All other household members must continue to isolate and will be advised by NWHU to get tested • The child/youth can return to school/child care only when cleared by NWHU. • NWHU will also contact the school/child care.
<p>A medical note or proof of test is not needed to return to school/child care.</p>	



How can I get tested? If the child/youth has symptoms of COVID-19, visit <https://www.nwhu.on.ca/covid19/Pages/self-assessment.aspx> to find testing information for your community. Anyone tested must self-isolate while waiting for test results and cannot attend school/child care in person. Test results may take up to 7 days to receive.

What if the child/youth was sent home, but their symptoms are normal for them due to a chronic condition like allergies? Complete the screening tool online, and the child/youth may attend school/child care if they pass the screen. You should talk with the school/child care so they know about chronic conditions that may seem like COVID-19 symptoms.

What if I think it is just a common cold? If a child/youth has symptoms of a cold or the flu, then COVID-19 testing is recommended. A doctor or nurse practitioner won't be able to determine whether a child/youth has COVID-19 without a test.

My child has a single symptom (i.e. a runny nose). When can they return to school/child care?

Staff, students and children with any new or worsening symptom of COVID-19, even those with only one symptom, must stay home, without exemption, until:

- They receive a negative COVID-19 test result;
- They receive an alternative diagnosis by a health care professional; or
- It has been 10 days since their symptom onset and they are feeling better.

I don't have any symptoms, but a person in my house does... what should I do?

All household members need to isolate, even if they do not have any symptoms themselves. No one should leave home, even for essential reasons until the symptomatic individual receives a negative COVID-19 test result, or an alternative diagnosis by a health care professional, or they have completed the isolation period of 14 days since last contact with the symptomatic household member.

What if the symptomatic person doesn't get tested?

Then they are treated as if they have COVID-19, and all household contacts must isolate for 14 days from their last contact with that symptomatic individual.

What if a person in the house is told they are a contact of someone with COVID-19, but they don't have any symptoms and neither does anyone else in the house?

The person who is identified as a contact of someone with COVID-19 must isolate for 14 days after exposure, and only leave home to get tested or for emergency medical care.

If the person identified as a contact of someone with COVID-19 doesn't have any symptoms, and neither does anyone else in the house, then the rest of the people who live in the house should stay home, but are permitted to leave for essential reasons (school, child care, work) - as long as everyone stays asymptomatic.

If you have questions, please call the NWHU COVID-19 Hotline at 1-866-468-2240.