



WHAT TO DO IF YOUR CHILD HAS COVID-19 SYMPTOMS



If your child has (new or worsening) [symptoms](#) of COVID-19 (1 OR more of the following: fever/chills, cough, difficulty breathing, decrease or loss of taste or smell; AND/OR 2 or more of the following: sore throat, runny nose/nasal congestion, headache, feeling very tired, muscle aches/joint pain, nausea/vomiting/diarrhea) they should stay at home and [self-isolate](#).



TESTING AVAILABILITY AND HOW TO CHECK RESULTS

- School-based PCR and Rapid Antigen Test (RAT) take home testing kits may be available for a child who develops symptoms.
- If your child has access to a take home PCR kit, you can check their test results at covid-19.ontario.ca by clicking on "check your results." Results can take a few days.
- If your child has access to a RAT kit, you can receive immediate results. A positive RAT does NOT need to be confirmed with a PCR test.

If your child TESTS NEGATIVE for COVID-19 and is not a close contact:

- Using a PCR test or two negative RATs, taken 24-48 hours, they may return to child care/school if it has been 24 hours since their symptoms started improving (48 hours for nausea, diarrhea and vomiting).
- Household members who attend the child care/school setting may return right away, as long as they pass the [screening questionnaire](#).

If your child TESTS POSITIVE for COVID-19:

- They must self-isolate for:
 - **5 days:** If fully vaccinated; or 11 years or younger, regardless of vaccination status.
 - **10 days:** If 12 years or older and not fully vaccinated; or immune compromised or at a highest risk setting.
- Other household members should follow the guidance under "HOUSEHOLD MEMBERS" below.

Not Tested:

- Anyone with symptoms of COVID-19 is presumed to have COVID-19 even if not tested.
- If your child has not been tested and is experiencing symptom(s) they will have to self-isolate for:
 - **5 days:** If fully vaccinated; or 11 years or younger, regardless of vaccination status.
 - **10 days:** If 12 years or older and not fully vaccinated; or immune compromised.
- Other household members should follow the guidance under "HOUSEHOLD MEMBERS" below.

CHILD IS SICK FOR OTHER REASONS



- Sometimes children are sick for other reasons.
- If your child's health care provider has provided an [alternative diagnosis](#), your child may return to child care/school 24 hours after their symptoms have improved (48 hours for nausea, vomiting, diarrhea). Household members who attend the child care/school setting can also return.
- If your child ONLY has one of the following: sore throat, runny nose/nasal congestion, headache, feeling very tired, muscle aches/joint pain, nausea/vomiting/diarrhea, they should stay home until symptoms improve for at least 24 hours or 48 hours if nausea, vomiting, or diarrhea.
- Complete and submit a [Back to Child Care/School Confirmation Form](#) to the child care or school to confirm that the child is safe to return.

HOUSEHOLD MEMBERS



- Household members should self-isolate for the same amount of time as the person with symptoms **AND/OR** person who tested positive for COVID-19 (see the chart on page 1).
 - Household members **without** symptoms do not need to self-isolate if they had a confirmed COVID-19 infection within 90 days*, or they are 18+ and boosted**, or they are 17 years or younger and fully vaccinated***. They should self-monitor and continue to wear a well-fitted mask in all public settings, not visit seniors/immunocompromised individuals or highest risk settings.
- Household members with symptoms should follow self-isolation directions for symptomatic individuals and seek testing if eligible/available.
- Self-isolation ends if the Child/Student/Household member's symptoms are improving for 24 hours (48 hours if nausea, vomiting, diarrhea) AND they
 - Complete the required self-isolation time OR
 - Test negative on a PCR test OR
 - Test negative on 2 rapid antigen tests taken 24 to 48 hours apart.



HAVE QUESTIONS?

Please contact Toronto Public Health Hotline at 416-338-7600, Monday to Friday 8:30 a.m. to 4:30 p.m. Interpretation services are available.

*Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.

**Boosted means received a booster dose 3 months or more after a primary vaccine series.

***[Fully vaccinated](#) means 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the Ontario Ministry of Health.

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