



KNOW WHEN TO Self-Monitor, Self-Isolate or Send your Child to School

Parents have questions about COVID-19, and what they should be doing to protect their families and their community. Below are some examples of possible situations with information to help guide parents.

Julia has symptoms of COVID-19:



- Julia needs to self-isolate at home, and arrange to get tested.
- Julia's household members must stay at home until Julia tests negative, or is cleared by the public health unit, or is diagnosed with another illness. Household members who are fully vaccinated* or had a previous recent COVID-19 infection** are not required to self-isolate.
- Julia can return to child care/school if her test is negative, and her symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, diarrhea).
- Julia's siblings and adult family members who attend a child care/school setting can return to school if Julia tests negative.

Mario has symptoms after getting a COVID-19 vaccine:



- Some people get mild symptoms such as a headache, muscle aches/sore joints or feeling tired within 48 hours after getting a COVID-19 vaccine. If Mario has a headache, muscle aches/sore joints or feels tired, it can be a side effect from the vaccine. If these symptoms last longer than 48 hours or worsen he should self isolate and go for testing.
- If Mario has other symptoms, he should self-isolate and get tested.
- Full protection from COVID-19 vaccines occurs 14 days or more after the second dose of a two-dose vaccine series.

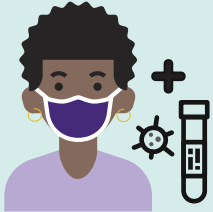
* Fully vaccinated: Fully vaccinated means 14 days or more after getting a second dose of a two dose COVID-19 vaccine series, or one dose of a single dose COVID-19 vaccine series. They may not need to self-isolate as long as they don't have symptoms.

**Previous recent COVID-19 infection: Person has tested positive for COVID-19 in the last 90 days and has been cleared by public health. They may not need to self-isolate as long as they don't have symptoms.





KNOW WHEN TO Self-Monitor, Self-Isolate or Send your Child to School



Abishola has symptoms and tests positive for COVID-19:

- Abishola must stay home and self-isolate for 10 days from the day her symptoms started.
- Everyone in Abishola's household must watch closely for the full list of COVID-19 symptoms including: fever or chills; cough; trouble breathing; decrease or loss of taste or smell; nausea, vomiting or diarrhea; tired, sore muscles or joints; sore throat; runny or stuffy nose, abdominal pain, headache, pink eye; or a decrease or lack of appetite.
- Household members who are fully vaccinated* or had a previous recent COVID-19 infection** and do not have symptoms do not need to self-isolate. All other household members will have to self-isolate for 10 days from their last exposure to Abishola.
- All household members should still go for testing as recommended by public health.



Bao Lee has symptoms of COVID-19, but did not get tested:

- Bao-Lee must stay home and self-isolate for 10 days from when his symptoms started.
- Adults and children in his household who are not fully vaccinated* or have not had a previous recent COVID-19 infection** must self-isolate until Bao-Lee gets a negative COVID-19 test or 10 days have passed. If a household member has symptoms, even if they are vaccinated or had a previous recent COVID-19 infection, they must stay home, self-isolate and get tested.



Abdul was in close contact with someone who has COVID-19:

- If Abdul is not fully vaccinated* or has not had a previous recent COVID-19 infection** he must stay home and self-isolate for 10 days and follow public health advice.
- Abdul's Household members can attend school/child care/work, as long as they don't have symptoms of COVID-19, but will need to stay home for other non-essential reasons until Abdul completes his 10 day self-isolation.
- If Abdul develops symptoms, all children and adults in the household who are not fully vaccinated* or have not had a previous recent COVID-19 infection** must stay home and self-isolate until COVID-19 is ruled out.
- Abdul should go for testing. Even if Abdul tests negative, he must complete his 10 days of self-isolation before he returns to school as that is how long it can take for symptoms to appear.





KNOW WHEN TO Self-Monitor, Self-Isolate or Send your Child to School



Berta's mom is not vaccinated and was in close contact with someone who tested positive for COVID-19:

- Since Berta's mom has not been vaccinated she must stay home and self-isolate for 10 days, and arrange to get tested. Even if the test is negative, Berta's mom must self-isolate for the full 10 days.
- Berta and her siblings can still go to school but are required to stay home except for essential reasons for the duration of Berta's mom's isolation period. Essential reasons include attending school/child care/day camp/work and essential errands such as obtaining groceries, attending medical appointments or picking up prescriptions.
- If Berta's mom develops symptoms of COVID-19 all children and adults in the household who are not fully vaccinated* or have not had a previous recent COVID-19 infection** must stay home and self-isolate until COVID-19 is ruled out.

Jackson's dad has travelled outside of Canada in the last 14 days:



- If Jackson's dad is not exempt from federal quarantine requirements, Jackson's dad must stay home and self-isolate for 14 days, preferably in a separate room from others in the house.
- Jackson and his household members can continue to attend school/work as long as Jackson's dad has no symptoms. They are required to stay home except for essential reasons for the duration of Jackson's dad's isolation period. Essential reasons include attending school/child care/day camp/work and essential errands such as obtaining groceries, attending medical appointments or picking up prescriptions.
- If Jackson's dad develops symptoms, he should get tested. Jackson and everyone else in his household who is not fully vaccinated* or who has not had a previous recent COVID-19 infection** will have to stay home and self-isolate until COVID-19 is ruled out.

* Fully vaccinated: Fully vaccinated means 14 days or more after getting a second dose of a two dose COVID-19 vaccine series, or one dose of a single dose COVID-19 vaccine series. They may not need to self-isolate as long as they don't have symptoms.

**Previous recent COVID-19 infection: Person has tested positive for COVID-19 in the last 90 days and has been cleared by public health. They may not need to self-isolate as long as they don't have symptoms.

September 1, 2021