



CARING FOR A CHILD WHO IS SELF-ISOLATING OR HAS COVID-19

April 8, 2021

If you are caring for a child who is self-isolating or has COVID-19, everyone in the home should practice [everyday prevention measures](#) such as washing hands often and covering your cough or sneeze. Anyone in your household who has COVID-19 should follow public health [guidance for people who have COVID-19](#), which includes staying in a separate room away from others much as possible and not eating meals in the same room as others in the home.

If a child in your household is sick with COVID-19, has symptoms, or is self-isolating because they were a close contact of someone who tested positive, parents and caregivers should continue providing care and support for their daily needs, but should take additional steps to prevent further spread of COVID-19 in their home.

This includes:



Wearing a mask inside the home, if you are able to do so;



Isolating as much as possible from family members who are at high-risk of serious illness from COVID-19;



Increasing ventilation by opening up windows if it is safe to do so;



Disinfecting non-food items such as dishes and utensils;



As much as possible, stay six feet/two metres apart from all others in the household

Caregivers and parents should also monitor themselves for symptoms of COVID-19, and [get tested](#) if they develop symptoms.