

A PARENT'S GUIDE: IF YOUR CHILD IS A CLOSE CONTACT OF A PERSON WITH COVID-19

October 6, 2021



If a person at a child care centre or school tests positive for COVID-19, parents will be notified.

- Children who are close contacts must stay home and self-isolate for 10 days. Public health will tell you when close contacts can end self-isolation.
- Children who are fully vaccinated* or recently had a COVID-19 infection**, and do not have any symptoms of COVID-19, do not have to self-isolate, unless directed by public health

MONITOR YOUR CHILD FOR COVID-19 SYMPTOMS EVERY DAY:

Children who are fully vaccinated* or had a recent COVID-19 infection** in the past 90 days should also monitor daily for symptoms.

The full list of symptoms includes:



Fever > 37.8°C and/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



Decrease or lack of appetite

IF YOUR CHILD DEVELOPS SYMPTOMS:

Get tested with a PCR test:

- Arrange for your child to get a PCR test. Use a take home PCR test kit from your school or child care centre, or book an appointment at an assessment centre.
- Do not use a rapid antigen test. Your child needs a PCR test.
- Even if your child is fully vaccinated* or had a recent COVID-19 infection**, they should stay home, self-isolate right away and arrange to get tested.



Household members need to self-isolate:

- Everyone in your household will need to self-isolate until your child tests negative, unless household members are fully vaccinated* or had a recent COVID-19 infection** and do not have symptoms.



Notify your school or call public health at: 416-338-7600.



WHILE YOUR CHILD IS SELF-ISOLATING, EVERYONE IN YOUR HOUSEHOLD SHOULD:

- Wear a mask in public spaces to protect others.
- Avoid crowded places.
- Limit contact with others with health issues or who are elderly.
- Keep a two metre distance from others.



*Fully vaccinated is defined as 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the Ontario Ministry of Health.

**Recent COVID-19 infection means that the person has tested positive for COVID-19 in the last 90 days and has been cleared by public health.