

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

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## WHAT IS A CLOSE CONTACT?

A close contact is defined as having contact with someone within 48 hours of them developing COVID-19 symptoms or testing positive for COVID-19; AND your child:

- Was within two meters AND
- Spent at least 15 minutes of time with them AND/OR multiple shorter lengths of time.

The Province of Ontario has stated that attending school/child care with someone who is symptomatic/positive for COVID-19 may not always be considered close contact. All cases in the school/child care settings are encouraged to notify their close contacts directly if they have significant one-on-one interactions, without wearing a well-fitted, high-quality mask. The contacts will be required to monitor their symptoms and wear a well-fitted mask in all public settings (including schools and child care unless under 2 years of age) for 10 days since their last interaction with the person who is symptomatic/tested positive for COVID-19.

## HOUSEHOLD CLOSE CONTACT:

If someone who lives with your child has symptoms of COVID-19 or has tested positive:



- Your child and everyone in the household must self-isolate for the same amount of time as the person with COVID-19 **unless** they do not have symptoms AND any of the following apply:
  - They have had a confirmed COVID-19 infection in the past 90 days\*, have completed their isolation, and they no longer have symptoms, OR
  - They are 18+ and received their COVID-19 booster dose 3 months or more after a primary vaccine series, OR
  - They are 17 years or younger and fully vaccinated\*\*
- Immunocompromised household members that do not meet the self-isolation exceptions should self-isolate for 10 days after last exposure to the case/symptomatic person, even if the person with COVID-19 is only required to isolate for 5 days.
- If self-isolation is complete after 5 days, or if self-isolation is not required, for a total of 10 days after the last exposure to the COVID-19 case, ALL household members must:
  - Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop.
  - Wear a well-fitted mask in public spaces to protect others.
  - Not visit people or settings at higher risk including where there are seniors or those who are immunocompromised.
- If someone else in the household develops symptoms, everyone in the household must extend their isolation period.
  - Initial household members(s) with symptoms who completed their isolation do not need to extend their isolation period based on other household members developing symptoms.
  - Those who: have had a COVID-19 infection in the past 90 days\* and have completed their isolation; are 18+ and received their COVID-19 booster dose 3 months or more after a primary vaccine series; or are 17 years and younger and fully vaccinated\*\*, do not have to isolate but continue to follow the masking and other preventive measures in the instructions above.
- See the [COVID-19 Screening Questionnaire, Page 2](#) for details on how long they are to isolate for.





## CLOSE CONTACT WITH SOMEONE IN THE COMMUNITY:

If your child was identified as a close contact of someone with COVID-19 in the community (e.g. at an indoor gathering, playdate, indoor activity) and your child does not have symptoms, they do not need to self-isolate. However, for 10 days from their last contact with the person with COVID-19 they should:

- Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop.
- Wear a well-fitted mask in public places, including while exercising, and should not visit people or settings at higher risk.
- Not visit people or settings at higher risk including where there are seniors or those who are immunocompromised.

## MONITOR YOUR CHILD FOR COVID-19 SYMPTOMS EVERY DAY:

All children should monitor daily for symptoms. The full list of symptoms includes:



A)



Fever > 37.8°C and/or chills



Cough



Difficulty breathing



Decrease or loss of taste/smell

B)



Nausea, vomiting and/or diarrhea



Muscle aches/ joint pain



Sore throat



Runny or stuffy nose



Headache



Feeling very tired

## IF YOUR CHILD DEVELOPS SYMPTOMS:



- If any symptoms develop, your child must stay home and self-isolate immediately.
- If your child is 12 years of age and older AND fully vaccinated\*\*, OR 11 years or younger, regardless of vaccination status:
  - They must self-isolate for at least 5 days from the day symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting and/or diarrhea), and they do not have a fever, whichever is longer in duration.
  - Use test date if no symptoms.
- If your child is 12 years of age or older AND not fully vaccinated\*\*, OR immune compromised:
  - They must self-isolate for 10 days from the day symptoms started AND stay in isolation until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting and/or diarrhea) and they do not have a fever, whichever is longer in duration.
  - Use test date if no symptoms.
- Household members of the child with symptoms should follow the instructions under the heading, "[Household Close Contact](#)".

## COVID-19 TESTING



- Anyone with symptoms of COVID-19 is presumed to have COVID-19 even if not tested.
- Take-home PCR or Rapid Antigen Tests (RATs) may be available at child care/school for children/ students who develop symptoms.
- If the symptomatic individual's symptoms are improving for 24 hours, never had a positive test, tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart AND is not a close-contact, self-isolation ends.

\*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.

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