

# MY CHILD/STUDENT HAS 1 OR MORE SYMPTOMS OF COVID-19

Updated October 5, 2021



The child/student should stay home, self-isolate & get tested with a PCR (Polymerase Chain Reaction) test.

Notify the child care/school that they have symptoms.

## WHAT WAS THE RESULT OF THE COVID-19 PCR TEST?

### POSITIVE

- Let the child care/school know that they tested positive for COVID-19.
- The child/student must stay home & self-isolate for 10 days from the day their symptoms started. They can return on day 11, even if someone else at home develops symptoms.
- Household members & close contacts who are not fully vaccinated with a COVID-19 vaccine\* must self-isolate for at least 10 days and should get tested.
- Toronto Public Health will contact you to do an investigation & will provide further instructions.
- If the child/student tested positive with a rapid antigen test, they must get a PCR test to confirm the result.

### NEGATIVE

#### Is the child/student a close contact of someone who tested positive for COVID-19 in the last 10 days?

- No**  They may return 24 hours after their symptoms have started improving (48 hours for nausea, vomiting or diarrhea).
- Yes**  **If the child/student is not fully vaccinated\*:** they need to self-isolate for 10 days from last exposure to the person who was positive.
- Yes**  **If the child/student is fully vaccinated\*:** they may return 24 hours after their symptoms have started improving (48 hours for nausea, vomiting or diarrhea).
- Yes**  **If the child/student has tested positive for COVID-19 in the last 90 days and was cleared:** they may return 24 hours after their symptoms have started improving (48 hours for nausea, vomiting or diarrhea).
- Yes**  **If the child/student only received an exposure notification through the COVID Alert app:** they can return 24 hours after their symptoms have started improving (48 hours if nausea, vomiting or diarrhea).

Siblings and adults in the home who attend a child care/school setting can return right away as long as there are no other household members with symptoms.

### NOT TESTED

- The child/student must stay home & self-isolate for 10 days from the day symptoms started. On day 11, the child/student can return to the child care/school setting if their symptoms are improving.
- Anyone in the household who is not fully vaccinated\* or has not tested positive for COVID-19 in the last 90 days and was cleared, must self-isolate until the child/student gets a negative COVID-19 test or 10 days have passed.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, the child/student can return 24 hours after their symptoms improve (48 hours for nausea, vomiting or diarrhea). Household members do not need to stay home.
- If the child/student tested negative with a rapid antigen test, they must get a negative result on a PCR test to be cleared.



## If the child/student travelled outside of Canada in the last 14 days:

- The child/student must follow federal guidelines for quarantine and testing after returning from international travel.
- If the child/student is fully vaccinated they may be exempt from federal quarantine. If the child/student is not fully vaccinated, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion.
- **Follow federal requirements for travellers.**



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

# COVID-19 Decision Tool for Child Care Attendees

Version 3.5. Updated on October 8, 2021 and adapted from COVID-19 Decision Tool for School Students (JK-Gr12) Version 4.1

**Please note:** that the terms **Fully Vaccinated**, **Previous recent COVID-19 infection**, **Full list of symptoms of COVID-19**, **Symptoms** and **Essential reasons** are referred to in this document. Their definitions for the purpose of this document are listed below and should only be interpreted exactly as defined.

## Definitions:

- **Fully vaccinated:** [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](#). 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.
- **Full list of symptoms of COVID-19:** Watch closely for any symptom of COVID-19, especially if a close contact of someone who tested positive. The full list of symptoms include: 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.
- **Symptoms:** The daily screening tool lists five symptoms to screen for each day. For children they include: fever and/or chills, cough, trouble breathing, decrease or loss of taste or nausea, vomiting or diarrhea. For staff/visitors/adult learners they include: fever and/or chills, cough, trouble breathing, decrease or loss of taste or smell, tiredness, sore muscles or joints.
- **Essential reasons:** Essential reasons include attending school/child care/day camp/work and essential errands such as obtaining groceries, attending medical appointments or picking up prescriptions.

## Updated COVID-19 screening for symptoms:

All children must complete a self-screening questionnaire before going to child care. Children with a chronic health issue that is medically diagnosed and unrelated to COVID-19, should look for **new, different or worsening symptoms**.

## Does the child have any of the following symptoms on the daily screening tool?



Fever >37.8°C  
and/or chills



Cough



Difficulty breathing



Decrease or loss of taste  
or smell



Nausea, vomiting,  
diarrhea

## The child should be excluded from child care under the following conditions:

- (A) If the child has **one or more symptoms** even if it is mild or has resolved, the child should stay home, self-isolate, and get tested or contact their health care provider.
- (B) If anyone in the child's **household** has one or more COVID-19 symptoms the child should also stay home, self-isolate and follow instructions from public health.\*
- (C) If the child has been in **close contact with a person who has COVID-19** they will need to stay home and self-isolate for 10 days, even if they don't have symptoms, and even if they test negative.\*
- (D) If the child has **travelled outside of Canada** they must self-isolate for 14 days if they do not qualify for a federal quarantine travel exemption.\*\*
- (E) Anyone who is **sick or has any symptoms of illness** should stay home and seek assessment from their health care provider if needed.

\*Those who are *fully vaccinated* and/or who have had a *previous recent COVID-19 infection* may not need to self-isolate if they do not have symptoms.

\*\*If *fully vaccinated* they may be exempt from federal quarantine. If not fully vaccinated, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion. See federal requirements: [Group Exemptions, Quarantine Requirements under the Quarantine Act](#).

### **Child has symptoms and is not a close contact of someone with COVID-19**

- If the child has any new or worsening symptoms, they must stay home, self-isolate, and get tested or contact their health care provider, even if the symptom has resolved.
- Anyone in the household must stay at home until the child showing symptoms tests negative, or is cleared by the public health unit, or is diagnosed with another illness. Household members who are *fully vaccinated* or have had a *previous recent COVID-19 infection* are not required to stay home.

### **Child has symptoms and tests positive for COVID-19 on a PCR test**

- The child must stay home and self-isolate for 10 days, starting from the day the symptoms started.
- The child may return to child care on day 11 if they do not have a fever (without use of medication), and their symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, diarrhea).
- Even if the child does not have symptoms they must stay home and self-isolate for 10 days from the day of the test.
- Household members and close contacts who are not *fully vaccinated* or who have not had a *previous recent COVID-19 infection* must stay home and, self-isolate for at least 10 days from their last contact with the child during their infectious period and follow public health advice.
- Household members and close contacts without symptoms who are *fully vaccinated* or have had a *previous recent COVID-19 infection* are not required to self-isolate.

### **Child has symptoms and tests negative for COVID-19 on a PCR test**

- The child may return to child care if their symptoms have been improving for 24 hours (48 hours for nausea, vomiting or diarrhea), and if they are not a close contact of someone with COVID-19
- If they have travelled outside Canada and are exempt from federal quarantine, they can return to child care if symptoms are improving.
- Household members can return to child care right away as long as they do not have symptoms.

### **Child has symptoms, is not a close contact of a positive case, and is not tested for COVID-19**

- If the child has symptoms of COVID-19 that are not related to an existing medical condition and they are not tested, they must stay home and self-isolate for 10 days from the date their symptom(s) started. The child can return to child care after 10 days if they do not have a fever (without taking medication), and their symptoms have been improving for 24 hours (48 hours for nausea, vomiting, diarrhea).
- Household members who are not *fully vaccinated* or have not had a *previous recent COVID-19 infection* must self-isolate until the child with symptoms gets a negative COVID-19 test or 10 days have passed from their last contact with the child during their infectious period.

### **Child has symptoms and has an alternative medical diagnosis. Not tested for COVID-19**

- Children who have symptoms, but have been given an alternative diagnosis by a health care provider (**not** related to COVID-19), may return to child care if their symptoms have been improving for 24 hours (48 hours for nausea, vomiting, diarrhea).
- A child who is ill or has multiple symptoms of illness that could be COVID-19 should be tested for COVID-19 with a PCR test or seek assessment from their health care provider.
- Household members can return to child care right away as long as they do not have symptoms.

### **Child has been in close contact with someone with COVID-19 and has no symptoms**

- A child who has been in close contact with someone with COVID-19 and is not *fully vaccinated* or has not had a *previous recent COVID-19 infection* must self-isolate for 10 days. The child should go for testing. Even if the test is negative, they will have to self-isolate for the full 10 days. PCR testing is recommended immediately and on or after day 7 of the child's isolation period.

- If the household member does not have symptoms, they can leave for *essential reasons*. They will need to stay home for other non-essential reasons until the child who is a close contact completes their period of self-isolation. Household members without symptoms, who are *fully vaccinated* or had a *previous recent COVID-19 infection* are not required to stay home.

#### **Child has been in close contact with someone with COVID-19 and has one or more symptoms**

- If the child develops a symptom from the *full list of COVID-19 symptoms*, they should get tested with a PCR test right away. Household members who are not *fully vaccinated* or have not had a *previous recent COVID-19 infection* must self-isolate until the child with symptoms gets a negative COVID-19 test.
- Household members without symptoms who are *fully vaccinated* with a COVID-19 vaccine or had a *previous recent COVID-19 infection* are not required to stay home.

#### **Child has been in close contact with someone with COVID-19 and develops symptoms, but is not tested**

- The child must self-isolate for 10 days from when their symptoms started.
- Household members who are not *fully vaccinated* or have not had a *previous recent COVID-19 infection* must self-isolate for 10 days or more as this is how long it can take for their symptoms to appear.
- Household members who are *fully vaccinated* or had a *previous recent COVID-19 infection* do not need to self-isolate. For 10 days after their last exposure to the child, the household member should:
  - wear a mask and maintain physical distancing when outside of the home to reduce the risk of spreading to others in the event they test positive; and
  - monitor for the *full list of COVID-19 symptoms* daily and self-isolate immediately if a symptom develops
- Child care operators should email [ChildCareIPAC@toronto.ca](mailto:ChildCareIPAC@toronto.ca) to report a symptomatic child who has been in close contact with someone with COVID-19.

#### **Child who is fully vaccinated or had a previous recent COVID-19 infection and has been in close contact with someone with COVID-19**

- If a child is *fully vaccinated* or had a *previous recent COVID-19 infection* and the child does not have a symptom from the *full list of COVID-19 symptoms*, they do not need to self-isolate. For 10 days after their last exposure, the child should:
  - wear a mask and maintain physical distancing when outside of the home to reduce the risk of spreading to others in the event they test positive; and
  - monitor for the *full list of COVID-19 symptoms* daily and self-isolate immediately if a symptom develops
- The child should still go for testing if recommended. The child who is *fully vaccinated* is recommended to get tested with a PCR test immediately and on or after day 7 of their isolation period. A child who has had a *previous recent COVID-19 infection* is recommended to get tested with a PCR test if they develop symptoms.

#### **Household member has been in close contact with someone with COVID-19**

- If a household member is *fully vaccinated* or had a *previous recent COVID-19 infection* and they do not have a symptom from the *full list of COVID-19 symptoms*, they do not need to self-isolate.
- Household members who are not *fully vaccinated* or have not had a *previous recent COVID-19 infection* must self-isolate for 10 days, and arrange to get tested with a PCR test, immediately and on or after 7 days. Even if the test is negative, they must self-isolate for the full 10 days.
- Children who live with them and other individuals in the household who are not close contacts can attend school/childcare/work, but will need to stay home for other non-essential reasons until the household member who is a close contact completes their period of self-isolation.
- If the household member who has been in close contact develops a symptom from the *full list of COVID-19 symptoms* all children and adults in the household that 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

### Household member has symptoms of COVID-19

- If a household member has symptoms of COVID-19, any 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 or if not tested with a PCR test, for at least 10 days.

### Child has travelled outside of Canada

- The child must follow federal guidelines for quarantine and testing after returning from international travel.
- If the child is *fully vaccinated* they **may** be exempt from federal quarantine. If the child is not *fully vaccinated*, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion.
- If the child develops a symptom from the *full list of COVID-19 symptoms*, they should self-isolate and get tested right away.
- Follow [federal quarantine requirements](#).

### Household member has travelled outside of Canada

- If anyone in the household has travelled outside of Canada in the last 14 days, the person who travelled must self-isolate for 14 days if they do not meet the exemptions for [federal quarantine requirements](#).
- The other individuals in the household who have not travelled can attend school/child care/work, as long as they don't have symptoms of COVID-19.
- If the household member who travelled develops a symptom from the *full list of COVID-19 symptoms*, the child will need to stay home until COVID-19 is ruled out unless the child is *fully vaccinated* or has had a *previous recent COVID-19 infection*.

### Back to Child Care Confirmation Form

- Toronto Public Health does not recommend or require medical notes for return to child care.
- It is the decision of each child care operator/licensee to decide if they choose to accept a [Back to Child Care/School- Confirmation Form](#).

### References

Government of Ontario (2021) [COVID-19 School and Childcare Screening](#)

Ministry of Health (2021) [COVID-19 School Case, Contact and Outbreak Management](#)

Ministry of Health (2021) [COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance](#)

Ministry of Health (2021) [COVID-19 Reference Document for Symptoms](#)

Ministry of Health (2021) [Management of Cases and Contacts of COVID-19 in Ontario](#)