

MY CHILD/STUDENT HAS 1 OR MORE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?

Updated July 19, 2021

Was the child/student a close contact of someone who tested positive for COVID-19?

YES

- Everyone, including household members, should stay home & self-isolate. Get your child tested.
- If **positive**, notify the child/student's child care/day camp/school of the positive result. Toronto Public Health will follow up with further instructions.
- If **negative**, the child/student will still need to self-isolate for 14 days from last exposure to the person who was positive. Any household members can go to child care/day camp/school/work but must not leave the home for other non-essential reasons. If the child/student is fully vaccinated**, they may return to child care/day camp/school 24 hours after their symptoms have started improving.
- If your child/student is not tested they need to self-isolate for 10 days. Household contacts will also need to stay home and self-isolate for 14 days.

NO

- Notify the child/student's child care/day camp/school that they have symptoms.
- The child/student should stay home, self-isolate & get tested.
- Anyone in the household who attends a child care/day camp/school setting must also stay home and self-isolate until the child's test is negative.
- If the child/student is 12+ years old and has a mild headache, tiredness, sore muscles or joints within 48 hours after getting a COVID-19 vaccine, they should wear a fitted mask when at child care/day camp/school. If symptoms last longer than 48 hours or worsen, they are to stay home, self-isolate and get tested.

What was the result of your child/student's COVID-19 test?

POSITIVE

- Let your child/student's child care/day camp/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 to child care/day camp/school, after 10 days even if someone else at home develops symptoms.
- Household members & close contacts must self-isolate for at least 14 days.
- Toronto Public Health will contact you to do an investigation & will provide further instructions.

NEGATIVE

- The child/student may return to child care 24 hours after their symptoms started improving.
- Siblings and adults who attend a child care/day camp/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. After 10 days, the child/student can return to the child care/day camp/school setting if their symptoms are improving.
- Everyone in the household must self-isolate until the child/student with symptoms gets a negative COVID-19 test or 14 days have passed.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, the child/student can return to child care/day camp/school 24 hours after their symptoms improve. Household members do not need to stay home.

IF YOU TRAVELLED OUTSIDE OF CANADA IN THE LAST 14 DAYS:



- They are required to stay home for 14 days even if they test negative. Their household members should stay home except for essential reasons while the child/student is in self isolation. 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 the child/student is exempted from federal quarantine as per [Group Exemptions](#), [Quarantine Requirements](#) they do not need to isolate and their household members do not need to stay home.
- If the child/student has symptoms even if they are exempted from federal quarantine, they should get tested and their household members should self-isolate until the child/student's test is negative.

COVID-19 Decision Tool for Child Care Attendees

Version 3.2. Updated on March 22, 2021 and adapted from COVID-19 Decision Tool for Schools (JK-Gr12) Version 3.2.

Updated COVID-19 screening for symptoms:

Children attending child care must be screened prior to entry. Screening may be performed by a child care staff or a parent/guardian by completing a self-screening questionnaire. For children with a chronic health issue that is medically diagnosed and unrelated to COVID-19, look for **new, different or worsening symptoms**.

Does the child attending child care have the following symptoms (even mild symptoms)?



Fever >37.8°C



Cough



Difficulty breathing



Loss of taste or smell



Sore throat, painful swallowing



Stuffy/runny nose



Headache



Nausea, vomiting, diarrhea



Feeling unwell, muscle aches, tired

Children should be excluded from attending 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 of the above symptoms the child should also stay home 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 14 days, even if they don't have symptoms.
- (D) If the child has a **household member that has been in close contact with a person who has COVID-19**, all children in the household must stay home from child care for 14 days (until the person who had close contact has completed their self-isolation period).
- (E) If the child has **travelled outside of Canada** they must **self-isolate** for 14 days.
- (F) If the child has a **household member that has travelled outside of Canada** all individuals in the household who attend a child care setting must stay home until the individual who travelled completes their 14 day travel quarantine. Note: This does not apply if the person who travelled performs an essential job (e.g. truck driver, pilot) and is exempt from travel quarantine.

Child does not have symptoms of COVID-19

If the child does not have symptoms of COVID-19 they can attend child care if:

- they do not have a household member with symptoms (see B); or
- they or any member of their household are not a close contact of someone with COVID-19 (see C, D); or
- they or any member of their household have not travelled outside of Canada in the past 14 days (see E, F).

Child has symptoms but is not a close contact of someone with COVID-19

- If the child has any new or worsening symptoms, he/she must stay home, self-isolate and get tested or contact their health care provider, even if the symptom has resolved.
- Any other children and adults in the household who attend a child care will also need to stay home.
- Adults in the home, including parents, who do not attend a child care must self-monitor for symptoms, but can go to work as long as they do not have symptoms and the child has not tested positive.

Child has symptoms and tests positive for COVID-19

- 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 after 10 days if they do not have a fever (without use of medication), and their symptoms have been improving for at least 24 hours.
- Even if the child does not have symptoms they must stay home and self-isolate for 10 days from the day of the test.
- All other adults and children in the household members must stay home, self-isolate for at least 14 days, and follow public health advice.

Child has symptoms and tests negative for COVID-19

- The child may return to care if their symptoms have been improving for 24 hours, and if they are not a close contact of someone with COVID-19 or have travelled outside of Canada.
- Household members can return to 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
- The children and adults in the household that attend a child care must stay home, and can return to child care after 14 days as long as they do not have symptoms.

Child has symptoms but has an alternative medical diagnosis and is 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.
- A cold or respiratory infection is not considered an alternative diagnosis, and the individual should be tested for COVID-19.
- 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

- A child who has been in close contact with someone with COVID-19 must stay home and self-isolate for 14 days.
- The child should go for testing. Even if the test is negative, they will have to self-isolate for the full 14 days.
- Any children in the household must stay home from child care until the child who is a close contact completes their period of self-isolation.
- Adults in the home can attend work or child care as long as they do not have symptoms.

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

- Any household member who has been in close contact with someone with COVID-19 must stay home and self-isolate for 14 days, and arrange to get tested. Even if the test is negative, they must self-isolate for the full 14 days.
- Any children in the household must stay home from child care until the person who is a close contact completes their 14 days of self-isolation.
- Adults in the home can go to work or child care as long as they do not have symptoms.

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.
- Any children and adults who attend a child care should self-isolate for 14 days or more as this is how long it can take for their symptoms to appear.

Household member has symptoms of COVID-19 and is not a close contact of a positive case

- If a household member has symptoms of COVID-19 any children and adults who attend a child care setting must stay home until COVID-19 is ruled out for the household member with symptoms.
- If the household member with symptoms does not go for testing the children and adults in the home who attend a child care setting must self-isolate for 14 days.

Household member has symptoms and is a close contact of someone who had COVID-19

- If a household member has symptoms of COVID-19 and is a close contact of someone who has COVID-19, all children and adults in the household must stay home and self-isolate until COVID-19 is ruled out.
- If the household member with symptoms is not tested the rest of the household must stay home for 14 days.
- If the household member tests negative, children in the home will still need to stay home from child care until the household member completes their self-isolation.

Child has travelled outside of Canada

- If the child has travelled outside of Canada in the last 14 days, they must self-isolate for 14 days.
- Everyone in the household who attends a child care setting must also stay home until the person who travelled completes their 14 day period of self-isolation.

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.
- Everyone in the household who attends a child care setting will also need to stay home until the person who travelled completes the 14 day period of self-isolation.
- If the individual is exempt from travel self-isolation period because they perform an essential job (e.g. truck driver, pilot), the rest of the household can still attend child care.

Return 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 [Return to Child Care Confirmation Form](#).