What to do when a child has COVID-19 symptoms

Group 1 Symptom List

- Fever
- New or worsening cough
- Difficulty breathing
- Decrease or loss of smell and taste

Group 2 Symptom List

- Sore throat
- Runny nose
- Headache
- Nausea, vomiting, or diarrhea
- Fatigue, lethargy, or muscle aches

If your child has **one or more** symptoms from Group 1, you can either

Contact a health care provider for a medical assessment

OR

Contact the **Niagara Health COVID-19 Assessment Centre** to book an appointment for testing

If you have remaining questions about COVID-19, contact the Public Health Info-Line at 905-688-8248, press 7 or chat online.

If your child has **only one** symptom from Group 2 and none from Group 1, **you may wait 24 hours** to see if the symptom improves. If the **single symptom improves**, they **may return to school or child care** when they feel well enough, without an assessment or a test.

If the symptom **stays the same** or gets worse, or they have **two or more of the Group 2 symptoms**, then they should pursue one of the **two options** above.

Adults with any one symptom of COVID-19 should always self-isolate and seek assessment by a health care provider or self-refer for testing. It does not matter whether the symptom is in Group 1 or 2.

Siblings with no symptoms may stay in school until a decision is made about testing for the child with symptoms. If a test is required by a health care provider or there is a self-referral for testing, everyone living in the house needs to self-isolate. If an assessment is required and the decision to test has not been made within 24 hours, all household members must self-isolate until advice is given for testing, or a different diagnosis is made.

Children who need an assessment for testing based on their symptom(s) cannot return to school, child care, play with friends, or go to any public setting until one of the following is met:

A health care provider has told you that COVID-19 is very unlikely **AND**

- The child has not had any symptoms for 24 hours **OR**
- It has been 10 days since the symptoms started (whichever is shorter). The child needs to be fever free (without use of fever medication) and be feeling better.

OR ....

A health care provider has told you that the symptoms are related to a chronic or pre-existing condition (e.g. allergies, runny nose, migraines, asthma). In this case, the child can return to school/child care once they feel well enough, without waiting for symptoms to resolve.

OR ....

Test was negative for COVID-19 **AND** it has been 24 hours since symptoms have gone away completely **OR** 10 days after symptoms started (whichever is shorter). The child needs to be fever free (without use of fever medication) with symptom improvement.

OR ....

The child has self-isolated for 10 days since the day the symptoms began. This includes those who test positive **AND** those who have chosen not to be tested.

Positive Test Results

Niagara Region Public Health will provide further guidance and support to COVID-19 cases and their close contacts.

Those that test positive and their household members must self-isolate for at least 10 days from when the positive child's symptoms started. Niagara Region Public Health will contact you.

Child Was Not Tested for COVID-19

If the health care provider says the child's symptoms are something other than COVID-19, the child is to remain at home until 24 hours after symptoms go away completely OR 10 days after symptoms started (whichever is shorter). The child needs to be fever free with symptom improvement.

If testing for COVID-19 was declined for any reason, the child and their entire household are to stay home and self-isolate for 10 days from the day the child's symptoms started.

If the Caregiver Develops COVID-19 Symptoms

Caregivers need to monitor themselves for any symptoms of COVID-19, and separate right away from uninfected members of the household if they start to feel sick.

If caregivers have any COVID-19 symptoms, they must contact their health care provider right away.