



# WHAT TO DO IF YOUR CHILD HAS COVID-19 SYMPTOMS



If your child has one or more (new or worsening) [symptoms of COVID-19](#), they should stay at home, [self-isolate](#), and get tested.

Call your child's school to let them know that your child has COVID-19 symptoms.

## HOUSEHOLD MEMBERS



The siblings or children in the same household as the child with symptoms will also need to stay home and self-isolate. All the adult members in the household should self-monitor for symptoms. They may go to work if they do not have symptoms. If any adult develops symptoms they must stay home, self-isolate and get tested. If the child with symptoms was a close contact of someone with COVID-19, everyone in the home needs to stay home and self-isolate for 14 days.



## GET TESTED

Contact your child's health care provider if you have questions about testing. Make an appointment at an [Assessment Centre](#) near you to get tested. Children can get a throat or nose swab. [Saliva tests](#) are also available.

Drive your child to the assessment centre if you can. Do not use public transit. Ask for a ride, or use taxi or ride share. Wear a mask, sit in the back seat, and keep the windows open.



## CHECK YOUR CHILD'S TEST RESULTS

You can check your test results at [covid-19.ontario.ca](https://covid-19.ontario.ca) by clicking on "check your lab results." Results can take a few days.

### If your child TESTS NEGATIVE for COVID-19:

- Your child may return to school if it has been 24 hours since their symptoms started improving.
- Siblings may return to school right away.
- Young children may have ongoing mild symptoms, such as a runny nose. If it is not new or worse, they may go back to school if they don't have other symptoms.

### If your child TESTS POSITIVE for COVID-19:

- Your child must stay home and self-isolate for 10 days from the day the symptoms started.
- Household members and close contacts must also self-isolate for 14 days.
- Let your school know that your child tested positive for COVID-19.
- Toronto Public Health will contact you to do an investigation and with further instructions.

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## NOT TESTED

If your child did not have a COVID-19 test, they must stay home and self-isolate for 10 days starting from the day the symptoms began. Even if their symptoms improve, they need to stay home for 10 days.

If your child was a close contact of a positive case, all the children in the same household have to stay home and self-isolate for 14 days. If the child was not a close contact of a positive case, the siblings must stay home and self-isolate for 10 days. All adults in the home need to self-monitor for symptoms, but may go to work if they do not have symptoms.



## SICK FOR OTHER REASONS

Sometimes children are sick for other reasons. If your health care provider has said your child's symptoms are not related to Covid-19, your child may return to school 24 hours after their symptoms have improved. For colds or respiratory symptoms, your healthcare provider cannot rule out COVID-19 without a test. Toronto Public Health does not recommend using a medical note to confirm this.



## HAVE QUESTIONS?

Please contact Toronto Public Health at 416-338-7600.