



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.



GET TESTED

- Contact your child's health care provider if you have questions about testing.
- Some schools have testing kits available at the school.
- 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.



HOUSEHOLD MEMBERS

- The adults and siblings or children in the same household as the child who has symptoms also must stay home and self-isolate until COVID-19 can be ruled out.
- If any adult or child in the household 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 10 days or until the child with symptoms has a negative test.
- Household members of the child who has symptoms do not need to self-isolate if they do not have symptoms **and** they are fully vaccinated* or they had a previous recent COVID-19 infection**. If they develop symptoms they must self-isolate.



CHECK YOUR CHILD'S TEST RESULTS

You can check your test results at 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 child care/ school if it has been 24 hours since their symptoms started improving (48 hours for nausea, diarrhea and vomiting).
- Siblings or adults who attend the school setting may return to school right away, as long as they pass the screening questions.
- Young children may have ongoing mild symptoms. 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 at least 10 days. They do not need to self-isolate if they do not have symptoms **and** they are fully vaccinated* or they had a previous recent COVID-19 infection**. If they develop symptoms they must self-isolate.
- Let your child care/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 from the day the symptoms began. Even if their symptoms improve, they must stay home for 10 days.
- All household members must also self-isolate for 10 days. They do not need to self-isolate if they do not have symptoms **and** they are fully vaccinated or they had a previous recent COVID-19 infection**. If they develop symptoms they must self-isolate.



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 child care/school 24 hours after their symptoms have improved (48 hours for nausea, vomiting, diarrhea).
- Siblings and adults who attend the child care/school setting can also return.
- For new colds or respiratory illnesses (flu, bronchitis or pneumonia) that present with similar symptoms to COVID-19 and can make your child sick, your health care provider cannot rule out COVID-19 without a test. A child who is sick with respiratory symptoms should stay home and get tested for COVID-19 or speak to their health care provider. Toronto Public Health does not recommend using a medical note to confirm this.



HAVE QUESTIONS?

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

*Fully vaccinated is defined as have received two doses of a COVID-19 vaccine, and it has been more than 2 weeks since the last dose, or one dose in a single-dose vaccine series.

**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.