

Effective October 1, the provincial Ministry of Health has updated COVID-19 symptom screening.

This can be used for any child who attends child care or school (junior, intermediate, high school).

Screening is now divided into two groups of symptoms:

1. Symptoms



Fever >37.8°C



Cough



Difficulty breathing



Loss of taste or smell

2. Symptoms



Sore throat,
painful swallowing



Stuffy/runny nose



Headache



Nausea, vomiting,
diarrhea



Feeling unwell,
muscle aches, tired

Daily Self-Screening for Children

Every child must complete a daily self-screening questionnaire before going to school/child care. Children with chronic symptoms due to a medically diagnosed condition other than COVID-19, should look for **new, different or worsening symptoms**.

In most scenarios, children may be excluded from school or child care:

If the child has been in **close contact** with a person who has COVID-19, the child will need to self-isolate for 14 days, even if they don't have symptoms. If the child has symptoms, their household members will need to stay home and self-isolate until COVID-19 is ruled out.

Children without symptoms

If a child does not have symptoms of COVID-19, he/she may attend school/child care, if they are not a close contact.

Child with symptoms

- 1. If a child has any new or worsening symptoms of [fever, cough, difficulty breathing or loss of taste/smell]:** The child must stay home, self-isolate, and get tested or contact their health care provider. The child's household members will have to self-monitor for symptoms. They may go to school/child care or work if they don't have symptoms, and the child is not a close contact of someone with COVID-19.
- 2. If a child has ONE of the following symptoms of [sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue]:** The child must stay home for 24 hours. If the symptom is improving after 24 hours from when the symptom started, they can return to school and testing is not needed. If the symptom is not improving after 24 hours or is getting worse, the child should stay home, self-isolate and get tested or contact their health care provider.
- 3. If a child has TWO of the following symptoms of [sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue]:** The child must stay home, self-isolate and get tested or contact their health care provider.

Children with a Laboratory Confirmed Positive COVID-19 Test

- Children must stay home and self-isolate for 10 days from the day the symptoms first appear. They may return to school/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.
- Children without symptoms must stay home and self-isolate for 10 days, from the day the test was done.
- Family members of the child who test positive should self-isolate and follow public health advice.

Children with Negative Test

Children can go back to school/child care if their symptoms have been improving for 24 hours, and if they are not a close contact of someone with COVID-19. Children who had vomiting/diarrhea must wait 48 hours from their last symptom before returning to school.

Children who are not tested – Alternative diagnosis

- Children with an alternative diagnosis from a health care provider that is **not** related to COVID-19 can go back to school/child care once their symptoms have been improving for 24 hours. Children who had vomiting/diarrhea must wait 48 hours from their last symptom before returning to school. Family members without symptoms should self- monitor, and can go back to school or work.

Children who are not tested for COVID-19

- If a child is not tested and has any new or worsening symptoms not related to an existing medical condition:
 - **ONE of the following symptoms:** fever, cough, difficulty breathing or loss of taste/smell.
 - **ONE of the following symptoms that does not improve in 24 hours:** sore throat, stuffy/runny nose, headache, nausea/ vomiting/diarrhea, muscle ache/fatigue.
 - **TWO of the following symptoms:** sore throat, stuffy/runny nose, headache, nausea/vomiting/diarrhea, muscle ache/fatigue].
- The child must self-isolate for **10 days** from the date their symptom(s) first appear. They may return to school/child care after 10 days if they do not have a fever (without taking medication), and their symptoms are improving for 24 hours.

Children who are close contacts of someone with COVID-19

- Children who are deemed close contacts to a person with COVID-19 must stay home and self-isolate for **14 days** from their last date of exposure.

Return to school/child care

- Timiskaming Health Unit is not recommending or requiring medical notes for return to school/child care.