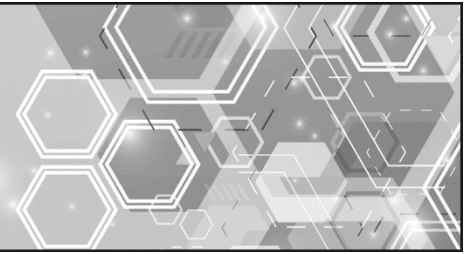




## Durham Region Health Department **Facts about...**



# **COVID-19 What to do if my child is sick?**

This information is important to read and understand if your child has any new or worsening symptoms of COVID-19.

## **What should I do if my child has symptoms?**

All children must be screened for COVID-19 symptoms before attending school or childcare each day. If your child has one or more symptom of COVID-19 they should stay home and not leave except to have testing for COVID-19 or for a medical emergency. Contact a healthcare provider for an assessment, including advice about getting a COVID-19 test. Inform your child's school/childcare of your child's illness and absence.

Household members of symptomatic individuals (including parents and/or siblings) are required to stay home and isolate until the symptomatic individual receives a negative COVID-19 test result or alternate medical diagnosis from a health care professional. If the symptomatic individual does not seek testing, he or she must isolate for 10 days from their symptom onset and all household members must quarantine for 14 days from their last contact with the symptomatic individual.

## **What are the sign and symptoms of COVID-19**

Common symptoms of COVID-19 include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath. Other symptoms of COVID-19 can include sore throat, difficulty swallowing, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion, headache, muscle aches and feeling tired.

Atypical symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include unexplained fatigue, body aches, delirium unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, and multisystem inflammatory vasculitis in children.

Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.



## How can I get my child tested?

You can book an appointment for COVID-19 testing in Durham Region by completing the online assessment form at [covidswab.lh.ca](https://covidswab.lh.ca).

If any members of your household test positive for COVID-19, you will be contacted by Public Health directly with more detailed advice.

## What should I do if my child's symptoms get worse?

Monitor your child's symptoms closely as symptoms may change throughout the progression of COVID-19. If your child's symptoms persist or worsen, and an initial swab is negative, complete the online assessment form ([covidswab.lh.ca](https://covidswab.lh.ca)) for another assessment to determine the need for another test. If your child has worsening symptoms (such as difficulty breathing, chest pain) please call 911 or go to your local emergency department.

## When can my child return to school/childcare?

Your child can return to school/childcare when:

- They receive a negative COVID-19 test result.  
OR
- They receive an alternative diagnosis by a health care professional.  
OR
- It has been 10 days since their symptom onset, they do not have a fever (without using medication) and it has been 24 hours since they started feeling better.

February 23, 2021

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