

# BACK-TO-SCHOOL AND COVID-19

## STAY ALERT TO KEEP THE VIRUS FROM SPREADING

If your child shows symptoms, contact 1-877-644-4545 as soon as possible and follow the public health guidelines that are provided. The child must remain in isolation at home until public health guidelines have been received.

WHAT TO LOOK FOR:	
<b>Fever</b>	<b>General symptoms</b>
<ul style="list-style-type: none"><li>• 38°C (100.4 °F) or higher: <b>rectal</b> temperature in children under 5 <b>OR oral</b> temperature in children 5 or older and adults</li><li>• or 1.1°C higher than the person's usual temperature</li></ul>	<ul style="list-style-type: none"><li>• Major fatigue</li><li>• Significant loss of appetite</li><li>• General muscle pain (not related to physical exertion)</li></ul>
<b>Respiratory symptoms</b>	<b>Gastrointestinal symptoms</b>
<ul style="list-style-type: none"><li>• Cough (new or worse)</li><li>• Shortness of breath, difficulty breathing</li><li>• Sore throat</li></ul>	<ul style="list-style-type: none"><li>• Vomiting</li><li>• Diarrhea</li></ul>
<p>While flu-like symptoms may appear similar to those of COVID-19, they are not a sure sign of this virus. However, it is recommended that you keep your child at home and avoid contact with other people until you have received the public health guidelines.</p>	

### WARNING SIGNS

If your child has:

- a fever and a decline in general health, or flu-like symptoms (fever and cough accompanied by headaches, fatigue, aches and pains or extreme fatigue)
- loss of sense of taste or smell

Keep them home and **immediately call 1-877-644-4545**.

Furthermore, do not have your child attend school or the school daycare if:

- you have received instructions from your public health authorities to self-isolate at home (your child and their contacts)
- there is a chance that your child is infected or you think they have been in contact with someone who has COVID-19
- you are in quarantine following travel outside Canada

Provided they do not have COVID-19, children and adults with flu-like symptoms may resume their activities once each of the following conditions has been met:

- they have gone 48 hours without a fever (without taking medication) **and**
- 24 hours have passed after a significant reduction of their other symptoms

**For all other conditions, the usual health criteria apply with regard to attending school and school daycare.** Consequently, children who are in good general health (able to carry out their regular activities) can go to school and school daycare.