

Tested. Now what?

Follow up instructions for parents/guardians of children tested for COVID-19.

While waiting for test results, monitor your child's symptoms and keep your child home:

- Stay home – do not leave your home or attend child care/school, social events or any other public gatherings.
- Avoid close contact between the child and others in your household if possible
- Your child can attend school virtually, if feeling well enough to participate and the option is available.
- Other members of the household do not need to self-isolate unless showing symptoms or advised to do so by a health-care provider.

Check results on-line and follow instructions given

covid-19.ontario.ca - visit the provincial website to access results. Test results are typically available in 2-10 days and depend on testing volumes at the time. Lambton Public Health does not receive test results sooner than the provincial website. Please **only** call Lambton Public Health for test results if:

- Your child does not have a valid health card
- Your test result is taking longer than 10 days
- You are unable to access the website

If your child tests positive for COVID-19:

- Lambton Public Health will call you and provide information about the length of isolation required and further direction on returning to child care/school.
- **All household members and close contacts** of a person who tests positive for COVID-19 will be contacted by Lambton Public Health and required to stay home and self-isolate for a minimum of 14 days.

If your child is negative for COVID-19:

- They can return to child care/school when feeling well for at least 24 hours (no fever, without using medicine and no vomiting or diarrhea for at least 48 hours).

My child has symptoms and is a contact of a person who tested positive for COVID-19

- Your child must stay home (self-isolate) for 14 days from the first day symptoms started, even if your test result is negative.
- Avoid close contact between the child and others in your household if possible
- Your child can attend school virtually, if feeling well enough to participate and the option is available.
- After 14 days, your child should continue to physical distance from others, wear a mask when physical distancing is not possible, wash their hands often and continue to self-monitor and get re-tested as soon as symptoms develop.

My child is a contact of a person who tested positive for COVID-19

- Your child must stay home (self-isolate) for 14 days after their last contact with the COVID-19 positive person, even if their test result is negative.
- Avoid close contact between the child and others in your household if possible
- Your child can attend school virtually, if the option is available.
- After the 14 days, your child should continue to physical distance from others, wear a cloth mask when physical distancing is not possible, wash their hands often and continue to self-monitor and get re-tested if symptoms develop.

If your child is ill due to another reason diagnosed by a health care provider and does not have COVID-19:

- They can return to child care/school when feeling well for at least 24 hours (no fever, without using medicine and no vomiting or diarrhea for at least 48 hours) or as directed by the health care provider.

Note: Lambton Public Health is not requiring a doctor's note for a child to return to child care/school.

Additional tips for caring for your child during isolation

- Try to have one person only care for the sick child so others are not exposed.
- If your child is over 2 years of age and can wear a face mask or cloth face covering without finding it hard to breathe, have them wear one when the caregiver is in the room. Don't leave your child alone while they're wearing a mask or cloth face covering. The caregiver also should wear one when in the same room.
- If possible, have your sick child use a different bathroom from others. If that isn't possible, clean the bathroom often, especially after use by the ill child.
- Everyone in your family should wash their hands frequently. Wash with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer.
- Use regular household cleaners or wipes to clean things that get touched a lot (doorknobs, light switches, toys, remote controls, phones, etc.). Do this every day.

Resources

Lambton Public Health website:
<https://lambtonpublichealth.ca/2019-novel-coronavirus/>

Information on:

- [How to protect yourself from COVID-19](#)
- [Self-isolation](#)