

# **Your child is sick. Now what?**

**If your child develops symptoms at home or is sent home from child care/school due to symptoms, take the following steps.**

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## **STEP 1: Seek immediate care for severe illness**

If your child is in distress, do not go to a testing centre. Call 9-1-1 or go to the nearest Emergency Department. Be sure to follow up with your primary care provider.

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## **STEP 2: Check if symptoms are possibly due to COVID-19**

Disregard any that are related to other known causes/conditions the child already has.

### **Common COVID-19 symptoms include:**

- Fever and/or Chills - Temperature of 37.8°C/100°F or greater
- Cough or Barking Cough (Croup) – Continuous/more than usual
- Shortness of breath
- Loss of taste or smell
- Nausea/vomiting, diarrhea

Use the [Ontario School Screening Tool](#) to get a recommendation on what to do next.

**Regardless of whether symptoms are commonly associated with COVID-19, anyone who is sick or has any symptoms of illness** (i.e. runny nose/stuffy nose, difficulty swallowing, sore throat, headache, pinkeye, persisting stomach pains, muscle aches/pains, extreme tiredness, decreased appetite), **should stay home until their symptoms have improved for at least 24 hours** (48 hours for gastrointestinal symptoms). If symptoms are due to allergies or another underlying condition, consider contacting your health care provider to support the discussion with your child care provider/school.

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## **STEP 3: Decide if you will get your child tested for COVID-19**

If your child has **common** COVID-19 symptoms, **book an appointment** at a [COVID-19 Public Assessment Center](#).

If you choose **not to get your child tested** and they have any of the **common** COVID-19 symptoms (listed above), you may contact your healthcare provider for assessment OR have your child continue **self-isolation for 10 days**. Your child can return to child care/school if they have been advised to do so by their healthcare provider and they are feeling generally well as their symptoms have improved or, if after 10 days of isolation.

If your child **has other symptoms**, have your **child self-isolate and monitor** these symptoms for 24 hours. If they improve and your child feels well enough, they may return to child care/school. If symptoms do not improve, contact your healthcare provider or book an appointment at a [COVID-19 Public Assessment Center](#).

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## **STEP 4: Monitor symptoms and self-isolate while waiting for results**

**While waiting for test results your child must be isolated:**

- 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.
- If school aged, your child can attend school virtually, if feeling well enough to participate and the option is available.

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## **STEP 5: Check results and complete isolation as directed**

Visit the [provincial website](#) to access results. Test results are typically available in 2-3 days, and may take longer if testing volumes are high. If you are unable to access this website or do not have a health card number, please contact the centre you were tested at.

**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.
- If school aged, your child can attend school virtually, if feeling well enough to participate and the option is available.

**If your child is NEGATIVE for COVID-19 or is ill due to another reason diagnosed by a health care provider:**

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

**Note:** Lambton Public Health is not requesting child care operators/schools to require a medical note for a child to return to child care/school.

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## **Household Members**

### **Fully Vaccinated or Recently Positive Individuals**

*Received second dose of the COVID-19 vaccine more than 14 days ago, or has been a confirmed COVID-19 case in the last 90 days.*

- Do not need to isolate but they should continue to monitor for symptoms.
- If the fully vaccinated individual develops symptoms themselves, they must isolate immediately

### **Unvaccinated or Partially Vaccinated Individuals**

- **Symptomatic Child NOT Tested:** Household members must isolate for 10 days from their last contact with the symptomatic child. This means, if you are unable to isolate the child from the rest of the household, household members need to isolate for a total of 20 days.
- **Awaiting Test Results:** Household members should monitor for symptoms and must isolate at home until the symptomatic person receives a negative result. If negative, household members can return to regular activities as long as they are not experiencing symptoms.
- **Positive Result:** Household members must isolate for 10 days from their last contact. Lambton Public Health will follow up with instructions for close contacts during a case investigation.

For more information visit: <https://lambtonpublichealth.ca/2019-novel-coronavirus/>