Student with symptoms of illness

Dear Parent/Guardian.

Today your student reported or showed at least one new or worsening symptom of illness. Anyone who is feeling sick or has any new or worsening symptoms of illness should **stay home when sick** and seek assessment from their regular health care provider if required. This means staying home until their symptoms have been improving for at least 24 hours (or 48 hours for nausea, vomiting, and/or diarrhea), **and there is no fever present**.

Answer the questions on this flowchart to learn which actions to take. These instructions should be followed with or without a COVID-19 test.

Your student showed or reported symptoms of illness. Now what?

Do they have any of these new or worsening symptoms: fever/chills, cough, shortness of breath, decrease/loss of taste or smell?

YES

Are they immunocompromised or residing in a congregate living setting (e.g., group home or shelter)?

Do they have two or more of these symptoms.

YES NO

If they test positive for COVID-19 or do not get tested

Student should stay home and self-isolate. They should not attend school or child care for at least 10 days and until they do not have a fever and their symptoms have been improving for at least 24 hours (48 hours if they had nausea, vomiting, and/or diarrhea).

If they test negative for COVID-19

If COVID-19 testing was available and they had a negative result from one PCR test or from two rapid antigen tests taken 24 to 48 hours apart, they can return to school or child care if their symptoms started improving for at least 24 hours (48 hours if they had nausea, vomiting, and/or diarrhea) and they do not have a fever.

For 10 days following symptom onset or positive test (whichever is earlier/applicable) they should follow these additional precautions:

- Wear a well-fitted mask in all public settings (including school or child care) unless under 2 years or unable to mask.
- Avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing the mask for sports).
- Do not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised).
- Do not visit or attend work in any highest risk settings.
 School is not considered a high risk setting.
- * Household members are not required to self-isolate, but should closely monitor for any symptoms of illness and follow above additional precautions for 10 days following last exposure to the sick person.

Student should stay home and selfisolate until they have no fever and symptoms have been improving for 24 hours (or 48 hours if nausea, vomiting, and/or diarrhea).

For 10 days following symptom onset or positive test (whichever is earlier/applicable) they should follow these additional precautions:

- Wear a well-fitted mask in all public settings (including school or child care) unless under 2 years or unable to mask.
- Avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing the mask for sports).
- Do not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised).
- Do not visit or attend work in any highest risk settings. School is not considered a high risk setting.
- * Household members are not required to self-isolate, but should closely monitor for any symptoms of illness and follow above additional precautions for 10 days following last exposure to the sick person.

Do they have two or more of these symptoms: runny or stuffy nose, sore throat, headache, fatigue, nausea, vomiting, and/ or diarrhea, muscle aches or joint pain?



Do they have any one of these symptoms: pink eye, abdominal pain, decreased or no appetite (younger children only), runny or stuffy nose, sore throat headache, fatigue, nausea, vomiting, and/ or diarrhea, muscle aches or joint pain?



Student should stay home and self-isolate until they have no fever and symptoms have been improving for 24 hours (or 48 hours if nausea, vomiting, and/or diarrhea).

* Household members are not required to self-isolate but should closely monitor for any symptoms of illness.

These instructions can also be found by going to Ontario's school and child care screening tool at: https://covid-19.ontario.ca/school-screening/



