

Student with Symptoms of COVID-19

Dear Parent/Guardian,

Today your student reported or showed at least one new or worsening symptom of illness. With any symptom(s) of illness – COVID-19 related or not – sick individuals should stay home and seek assessment from their regular health care provider if required.

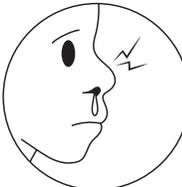
Below are the symptoms of COVID-19 as listed in the Ministry of Health's COVID-19 Reference Document for Symptoms¹.

Note: When assessing for symptoms, the focus should be on evaluating if they are new, worsening, or different from an individual's baseline health status (usual state). Symptoms should not be chronic or related to other known causes or conditions. For example, transient vomiting due to anxiety in children would not be a COVID-19 symptom.

One or more of the Most Common Symptoms of COVID-19 requires self-isolation:

			
Fever (37.8°C or higher) and/or chills	Cough (that is new or worsening)	Shortness of breath	Decrease or loss of taste or smell

Two or more of the following Other Symptoms of COVID-19 requires self-isolation:

					
Sore throat or difficulty swallowing	Runny or stuffy nose	Headache (unusual or long lasting)	Extreme tiredness or lack of energy	Muscle aches or joint pain	Nausea, vomiting, and/or diarrhea

If your student has experienced **only one** of the **Other Symptoms** of COVID-19 they should stay home until the symptom has been improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea). They should also stay home if they have any other symptoms of illness not listed here. Household members, including siblings, are not required to stay home in this situation.

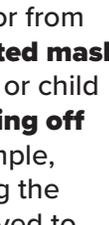
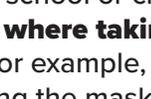
If someone has one or more of the **Most Common Symptoms** and/or two or more of the **Other Symptoms** they likely have COVID-19. They must go home and self-isolate. They should isolate away from household members where possible to avoid ongoing exposure.

If the symptomatic person is not tested or tests positive for COVID-19 and they are:

**Age 11 or younger
OR fully vaccinated**

Isolate for 5 days from when symptoms started, or the positive test date, whichever is earlier. Isolation continues until there is no fever and symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea).

For 10 days after symptoms started or from the positive test date, **wear a well-fitted mask** in all public settings (including school or child care) **and avoid activities where taking off the mask would be needed** (for example, playing a wind instrument or removing the mask for sports). Masks may be removed to eat, while maintaining as much distancing from others as possible. Do not visit anyone who may be at higher risk of illness.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 	7 
8 	9 	10 	11 	12 	13 	14
15 	16 	17 	18	19	20	21

**Age 12+ and partially vaccinated
or unvaccinated
OR immunocompromised**

Isolate for 10 days from when symptoms started, or the positive test date, whichever is earlier. Isolation continues until there is no fever and symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea).

If immunocompromised: for 20 days after symptoms started or from the positive test date, **wear a well-fitted mask** in all public settings (including school or child care) **and avoid activities where taking off the mask would be needed** (for example, playing a wind instrument or removing the mask for sports). Masks may be removed to eat, while maintaining as much distancing from others as possible. Do not visit anyone who may be at higher risk of illness.

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Legend



Symptoms start, self-isolate immediately



Self-isolate at home, except for emergency medical care



Wear a mask and return to school if feeling well.



May attend school with or without a mask if feeling well



What household members and close contacts need to do:

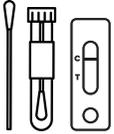
Household members should stay home at the same time as the symptomatic/positive person(s), unless they:

- are 17 or younger and fully vaccinated¹,
- are 18 or older and have received their COVID-19 booster dose, AND/OR
- have previously tested positive for COVID-19 in the past 90 days and have already completed their isolation.

For 10 days after their last exposure to the person with COVID-19 symptoms or a positive test result (or from when the symptomatic/positive person finishes their isolation), **all household members and close contacts should:**

- monitor closely for any symptoms of COVID-19,
- wear a well-fitted mask in all public settings (including school or childcare),
- avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing their mask for sports),
- not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised), and
- not visit or attend work in any highest risk settings (unless they have tested positive for COVID-19 in the past 90 days and have already completed their isolation).

Note: Household members already isolating because they had symptoms and/or a positive test result do not need to extend their isolation period if another household member develops symptoms or tests positive.



If the symptomatic person tests negative for COVID-19 on two consecutive rapid antigen tests collected 24 to 48 hours apart or a single PCR test, it is less likely that the symptomatic person has COVID-19.

- Isolating household members can stop isolating after these negative test results.
- The symptomatic person can return to school when they have no fever and their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea).

¹ https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

² Individuals are considered fully vaccinated if they have received a full series of a Health Canada authorized vaccine (e.g. two doses of AstraZeneca/Moderna/Pfizer or 1 dose of Janssen) at least 14 days ago.