

ATTENTION: These instructions are updated regularly

## 1. What symptoms are consistent with COVID-19?

### Children under 5 years of age

At least one of the following symptoms:

- Fever of 38.5 °C (101.3 °F) and over (rectal temperature)
- Cough (new or worsened), shortness of breath, trouble breathing

OR one of the groups of the following

- Sore throat **AND** fever of 38.1°C (100.6°F) and over (rectal temperature)
- Stomach pain, vomiting or diarrhea **AND** fever of 38.1°C (100.6°F) and over (rectal temperature)
- Runny nose or nasal congestion (stuffy nose) for no known reason **AND** another symptom above

### Children aged 6 to 17 years and adults

One of the following symptoms:

- Fever of 38.1 °C (100.6 °F) and over (oral temperature)
- Sudden loss of smell with no nasal congestion, with or without loss of taste
- Cough (new or worsening)
- Shortness of breath
- Difficulty breathing
- Sore throat

OR at least 2 of the following symptoms:

- Runny nose or nasal congestion (stuffy nose) for no known reason
- Head ache
- Profound fatigue
- Muscle aches (not related to physical exertion)
- Significant loss of appetite
- Nausea or vomiting
- Stomach ache
- Diarrhea

## 2. What do I do if my child has symptoms consistent with COVID-19?

- I keep my child at home
- I do a rapid test on my child. If **this 1<sup>st</sup> test is negative**, I do a **2<sup>nd</sup> rapid test 24 to 36 hours later**
- **All children and adults living in the same household (contacts) also self-isolate** while waiting for both test results

### One of the two tests is positive OR no rapid test is done

- I **continue to isolate my child** for a **total of 5 days**
- **Household contacts** also **continue** to isolate for a **total of 5 days**

### Both tests are negative

- If my **child's symptoms have decreased** and **he/she has no fever**, the **isolation period is ended**
- If **household contacts** have **no symptoms**, they can **end self-isolation**

## 3. What happens after my positive or symptomatic child has been isolated for 5 days?

### My child is under 12 years of age

- On **day 5 of isolation**, I do another rapid test
- If this test is **positive** or is **not done**, my child must continue his/her isolation **for an additional 5 days for a total of 10 days**; then his/her isolation will be complete\*
- If this test is **negative**, and if **symptoms have decreased with no fever for at least 24 hours**, **isolation ends after day 5**
  - **UNTIL day 10**, my child wears a mask at all times (except in preschool) and practices 2-metre physical distancing if possible

### My child is aged 12 years or older

- My child received **only 1 dose or no dose** of vaccine:
  - He/she must continue **isolation for an additional 5 days for a total of 10 days**; then his/her isolation will be complete\*
- My child received **2 doses of vaccine**:
  - **After day 5**, if **symptoms have decreased with no fever for at least 24 hours**, **isolation ends**
  - **UNTIL day 10**, my child wears a mask at all times and practices 2-metre physical distancing if possible

\* For my child who must **isolate for a total of 10 days**:

- **IF two rapid tests** are done 24-36 hours apart, between day 6 and day 10 and **are negative**, isolation could end earlier

## 4. What happens to people living in the same household after having isolated 5 days at the same time as my positive child?

### Contact under the age of 12

- On day 5 of isolation, these contacts do a **rapid test**
- If this test is **positive** or is not done see section 5
- If this test is **negative** and there are no symptoms, isolation can end **after day 5**
  - **UNTIL day 10**, the child wears a mask at all times (except in preschool) and practices 2-metre physical distancing when possible

### Contacts 12 years and older

- The **contact** received **only 1 dose or no dose of vaccine**:
  - He/she must continue **isolation for an additional 5 days**, for a **total of 10 days**
  - **After 10 days**, his/her **isolation will be complete** if there are no **symptoms**
- The **contact** received **2 doses of vaccine**:
  - **After day 5**, isolation will be complete if there are no **symptoms**;
  - **UNTIL day 10**, the person wears a mask at all times and practices 2-metre physical distancing when possible

## 5. What if someone else in our household becomes symptomatic or positive?

- This person has to **isolate** for an **additional 5-days**
- **After day 5**, isolation is ended in accordance with the criteria in **section 3**
- **Other household contacts do not need to isolate** for an **additional 5-days** and can return to their regular activities

## 6. Other information available

### What symptoms are consistent with COVID-19

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment#c79519>

### What to do if you have COVID-19 symptoms

[https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes\\_de\\_sante/covid-19/guide\\_rapid-tests.pdf?1642538985](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/guide_rapid-tests.pdf?1642538985)

[Quebec.ca/testing](https://quebec.ca/testing)

**USE A RAPID TEST**

Take a rapid test when you have symptoms of COVID-19.

Fever Cough or sore throat Loss of taste or sense of smell

What to do based on the result?

**1<sup>st</sup> test**

- Positive**: ISOLATE YOURSELF
- Negative**: ISOLATE YOURSELF and do a second rapid test 24 hours later

**2<sup>nd</sup> test**

- Positive**: ISOLATE YOURSELF
- Negative**: Resume your activities while respecting the health instructions

If you don't have rapid tests at home and you have symptoms: ISOLATE YOURSELF

	12 years and over	Less than 12 years	Immunosuppressed person
Fully vaccinated	5 DAYS* (The next 5 days with wearing a mask at all times)	5 DAYS and do a rapid test on the 5 <sup>th</sup> day.	21 DAYS
Not fully vaccinated	10 DAYS	<ul style="list-style-type: none"> <li>• if the test is positive, continue isolation for another 5 days.</li> <li>• if the test is negative, the child can resume activities.*</li> </ul>	

\* If your symptoms have improved and have not had a fever for at least 24 hours.

More information at [Quebec.ca/testCOVID-19](https://quebec.ca/testCOVID-19)

Votre gouvernement Québec

### Instructions Guide for Isolation

[https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes\\_de\\_sante/covid-19/feuillelet\\_duree\\_isolement.pdf?1642804212](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/feuillelet_duree_isolement.pdf?1642804212)

[Quebec.ca/isolation](https://quebec.ca/isolation)

EN DATE DU 21 JANVIER 2022

**DURÉE DE L'ISOLEMENT**  
SI VOUS ÊTES DANS L'UNE DES SITUATIONS SUIVANTES :

- J'ai obtenu un résultat de test positif à la COVID-19
- J'ai des symptômes de la COVID-19 et je n'ai pas fait de test de dépistage
- Je vis sous le même toit qu'une personne qui a la COVID-19\*
- Je suis en couple avec une personne qui a la COVID-19 et qui ne partage pas mon domicile\*

L'isolement commence à partir de la date de début des symptômes, de la date du prélèvement si aucun symptôme ou de la même date que le cas contact.

	12 ans et plus	Moins de 12 ans
Adéquatement vacciné et pour les contacts	5 JOURS <sup>1</sup> (les 5 jours suivants avec port du masque)	5 JOURS et refaire un test rapide après le 5 <sup>e</sup> jour. • Si le test est positif, poursuivre l'isolement durant 5 jours supplémentaires.
Non adéquatement vacciné	10 JOURS	• Si le test est négatif, l'isolement peut reprendre ses activités* (les 5 jours suivants avec port du masque pour les enfants de plus de 5 ans).

<sup>1</sup> Si les symptômes s'améliorent et après au moins 24 heures sans fièvre.

Si vous êtes un **travailleur de la santé**, communiquez avec votre milieu de travail pour recevoir les consignes de levée de l'isolement et de retour au travail.

\* Si vous développez des symptômes, poursuivez votre isolement et faites un test de dépistage.

[Quebec.ca/isolement](https://quebec.ca/isolement)

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