

ATTENTION: These instructions are updated regularly

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

### One of the following symptoms:

- Fever:
  - **aged 6 months to 5 years:** 38.5 °C (101.3 °F) or above (rectal temperature);
  - **aged 6 years or older:** 38.1 °C (100.6 °F) or above (oral temperature);
- Sudden loss of the sense of smell without nasal congestion, with or without loss of taste;
- Cough (new or worsened);
- Shortness of breath;
- Difficulty breathing;
- Sore throat.

### At least two of the following symptoms:

- Runny nose or nasal congestion (blocked nose) from an unknown cause;
- Headaches;
- Extreme fatigue;
- General muscle aches (not associated with physical exertion);
- Significant loss of appetite;
- Nausea or vomiting;
- Stomach aches;
- Diarrhea.

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

### My child develops symptoms at HOME

I keep my child at home, even if he/she is **VACCINATED**.\*



I have him/her take a **rapid test** as soon as possible.

#### The result is positive?

→ Your child **must self-isolate for 5 days**\*.

#### The result is negative?

→ **WITH fever:** Your child **must self-isolate and take a 2nd test** the next day.

→ **WITHOUT fever:** Your child **can go to school wearing a mask** (except for children aged 5 or under), **doing 2-metre distancing** from others as much as possible **AND take a 2nd test 24 to 36 hours later**.

\*VACCINATED = 1 dose of the COVID vaccine

#### After the 2nd rapid test?

→ The result is **positive:** Your child **must self-isolate for 5 days**\*.

→ The result is **negative:** If his/her **symptoms have not worsened**, your child can **return to school** while **wearing a mask** (except for children aged 5 or under) until he/she **no longer has symptoms**.

\*\*\* If your child has a fever, regardless of the cause, he/she must remain isolated until 24 hours after the fever is over.

It is important to monitor changes in your child's symptoms

### My child develops symptoms at SCHOOL

- A rapid screening test will be able to be done right at the school;
- For **children under age 14**, the **parent must first consent** to the screening of his/her child by filling out a **consent form** provided by the school;
- Participation in the screening at school is **voluntary**;
- If **there is no consent or refusal**, a **rapid test will not be done**. As provided for, the child will be isolated, and his/her parent will be called to come and pick him/her up.

Since we never know if/when the virus will arrive at your home, we recommend that you have **rapid tests at home**, issued by the school or available at pharmacies.

\*Note that the **first day of symptoms** is **day 0 (D0)** and that **day 1 (D1)** is the day after the onset of symptoms. **For example**, if the symptoms started on **Monday D0**, **Tuesday is D1**, and his/her **isolation** will finish at the **end of D5**, which is **Saturday night**.

Additional information to read:



[COVID-19 self-assessment tool](#)

[Self-isolation instructions](#)

[Rapid testing](#)

[Rapid screening tests for COVID-19 in schools](#)

[COVID-19 screening by rapid tests at school](#)

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

#### Your child is **VACCINATED\*** ?

After **5 days of self-isolation**, if his/her symptoms have improved and he/she has not had a fever for 24 hours without taking anti-fever medication, he/she can return to school **while following certain instructions**:

##### For the next 5 days:

- Monitor for the appearance of symptoms;
- Wear a mask during all social interactions (except for children aged 5 or under);
- Maintain a distance of 2 metres from others as much as possible;
- Avoid contact with vulnerable people.

\***VACCINATED** = 1 dose of the COVID vaccine

#### Your child is **NOT VACCINATED** ?

After **5 days of self-isolation**, your child must take a [rapid test](#).

If the result is **negative**, your child can **return to his/her activities**. During the **next 5 days**:

- Monitor for the appearance of symptoms;
- Wear a mask during all social interactions (except for children aged 5 or under);
- Maintain a distance of 2 metres from others as much as possible;
- Avoid contact with vulnerable people.

If the result is **positive**, he/she must continue to self-isolate until obtaining a negative result.

**For a maximum of 10 days of self-isolation.**

Or refer directly to the [Self-isolation instructions | Government of Québec](#) 

### 4. What happens for people living in the same household?

#### **VACCINATED\*** individuals ?

##### For 10 days:

- Monitor for the appearance of symptoms;
- Wear a mask during all social interactions (except for children aged 5 or under);
- Maintain a distance of 2 metres, wherever possible;
- Avoid contact with vulnerable people.

\***VACCINATED** = 1 dose of the COVID vaccine

#### Individuals who are **NOT VACCINATED AND** have **NEVER** had ?

**5 days of self-isolation.**

##### For the next 5 days:

- Monitor for the appearance of symptoms;
- Wear a mask during all social interactions (except for children aged 5 or under);
- Maintain a distance of 2 metres from others as much as possible;
- Avoid contact with vulnerable people.

Or refer directly to the [Self-isolation instructions | Government of Québec](#) 

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

If another member of the household then becomes symptomatic or COVID-19 positive, you must refer to the [online COVID-19 self-assessment tool](#) for the **instructions and recommendations** applicable to that **person's situation**.

### 6. If my child has been **positive** or **symptomatic**, when will he/she be able to receive his/her COVID-19 vaccine?

To **increase the effectiveness of the** COVID-19 vaccine, it is **recommended that you wait 3 months** before your child can receive a dose of the vaccine.

To determine if it's **time to get vaccinated** against COVID, consult the [decision support](#) tool.

Or refer directly to the [COVID-19 Vaccination](#) 