COVID-19 Parent and Caregiver Information

Your child has COVID-19 symptoms. Now what?

- If your child has one or more symptoms of COVID-19, they should not attend school, **self-isolate** at home, and get tested. Click [here](#) for information about the assessment centres. Your child should stay home from school and self-isolate while awaiting their test results.
- Household contacts are required to self-isolate while waiting for your child’s test results but do not need to be tested unless they also have symptoms.
- The guidance for your child’s return to school, will depend if they had a known exposure to a case of COVID-19 during their infectious period or have travelled in the past 14 days. See the guidance below for further direction.

Guidance for symptomatic children with known exposure or recent travel

- If your child had **a known exposure to a case of COVID-19 during the case’s infectious period or have travelled in the past 14 days** your child and all household members are required to **self-isolate** while waiting for your child’s test results.
  - Negative Test Result: Your child must continue to self-isolate for 14 days from their last exposure. Other household members can return to school or work or leave for essential reasons/errands and should **self-monitor** as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.
  - Positive Test Result: If your child’s test result is positive, their return to school date and further testing of household contacts will be determined by Public Health.
- [Region of Waterloo Public Health](#) is using text messages to support contact tracing and monitoring of high-risk contacts. Text messages will be...
sent to inform you of your child’s end of isolation and will allow you to report any changes in symptoms or request contact with a Public Health Nurse.

- If your child is unable or unwilling to go for testing, they must self-isolate for 10 days from symptom onset or 14 days from their last exposure, whichever is longest. All household members must also self-isolate for 14 days from their last exposure to the symptomatic child.

**Guidance for symptomatic children with no known exposure or recent travel**

- If your child has had **no** known exposure or recent travel, they should stay home from school and **self-isolate** while awaiting their test results. All household contacts should self-isolate while awaiting your child’s test results.
  - **Negative Test Result:** If your child’s test result is negative, they can return to school when it has been at least 24 hours since their symptoms started improving and do not have a fever (without using medication).
  - **Positive Test Result:** If your child’s test result is positive, their return to school date and further testing of household contacts will be determined by public health. Self-isolate while awaiting direction from public health.

- If your child is unable or unwilling to go for testing please follow the direction below:
  - If your child has had **no** known exposure or recent travel and you believe their symptoms are related to an existing or other illness, they can see a health care provider for clinical assessment. If a health care provider provides an alternative diagnosis, they can return to school if it has been at least 24 hours since symptoms started improving and they do not have a fever (without using medication). Household contacts should **self-monitor**.
  - If your child is unable or unwilling to go for testing or see a health care provider, they must **self-isolate** for 10 days from symptom onset. They may return to school after 10 days, provided their symptoms have been improving for at least 24 hours and they do not have a fever (without using **...**
medication). Household contacts should self-isolate 14 days from their last exposure to the symptomatic child.

A household member has COVID-19 symptoms. Now what?

- If someone in the household has symptoms of COVID-19, they should self-isolate and complete the appropriate provincial screening tool to determine if testing is required.
  - Household member who are not students or school/child care staff: COVID-19 Self-Assessment
  - Household member who is a student or school/childcare staff: COVID-19 School Screening Tool
- Household contacts do not need to be tested unless they also have symptoms.
- The guidance for other household members will depend on if the symptomatic household members had a known exposure to a case of COVID-19 during their infectious period or has travelled in the past 14 days. See the guidance below for further direction.

Guidance if the household member had a known exposure or recent travel (high-risk contact)

- If the household member has a known exposure (high-risk contact) and does not have symptoms, the household member needs to self-isolate for 14 days from their last exposure. Household contacts are to stay at home except for essential reasons (attending work/school/childcare & essential errands: groceries, medical appointments/prescriptions).
- If the symptomatic household member has a known exposure to a case of COVID-19 during their infectious period or has travelled in the past 14 days all household are required to self-isolate while awaiting the test results of the symptomatic individual.
  - Negative Test Result: If the test result is negative, the household member with an exposure must continue to self-isolate for 14 days. Other household
contacts can return to school or work and can leave home for essential reasons/errands only, as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.

- Positive Test Result: If the test result is positive, your child’s return to school date and further testing of household contacts will be determined by public health.

- If the symptomatic household member is unable or unwilling to go for testing and has a known exposure or recent travel, all household members must self-isolate for 14 days from their last exposure to the symptomatic household member.

Guidance if the household member has symptoms and has no known exposure or recent travel

- If the symptomatic household member has no known exposure or recent travel, all household members are required to self-isolate while awaiting the test results of the symptomatic individual.
  - If the test result is positive, your child’s return to school date and further testing of household contacts will be determined by public health.
  - If the test is negative, household contacts can return to work/school.

- If the symptomatic household member is unable or unwilling to go for testing and has no known exposure, the symptomatic household member must self-isolate for 10 days from symptom onset. Household contacts should self-isolate 14 days from their last exposure to the symptomatic household member.