

COVID-19 – What do I do if my child has symptoms?

Instructions for parents of elementary and high school students

List of symptoms to watch for and recommendations to apply (whether or not your child is vaccinated)

<p><b>My child has one of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• Fever of 38.1°C or more (oral temperature)</li> <li>• Sudden loss of smell without nasal congestion, with or without loss of taste</li> <li>• Cough (new or getting worse)</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Sore throat</li> </ul> <p style="text-align: center;"><b>OR</b></p> <p><b>My child has at least two of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• Extreme fatigue</li> <li>• Generalized muscle pain (not linked to physical effort)</li> <li>• Significant loss of appetite</li> <li>• Headaches</li> <li>• Stomach aches (except for constipation)</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• Diarrhoea</li> </ul>	<p style="text-align: center;"><b>ISOLATION AND TESTING</b></p> <p><b>Step 1. – If symptoms develop while at school:</b> The school contacts me and I pick up my child right away.</p> <p><b>Rapid tests:</b> When available at school, a trained staff member can perform a test (with parental authorization for students under 14 years old).</p> <ul style="list-style-type: none"> <li>○ The result is <b>negative</b>: My child can stay in class. Isolation and testing are not necessary.</li> <li>○ The result is <b>positive</b>: I take my child to a <a href="#">designated screening centre (CDD)</a> to get tested to confirm the result.</li> </ul> <p>- <b>If symptoms develop while at home:</b> I notify the school and keep my child at home.</p> <p><b>Step 2. I keep my child in isolation and fill out the <a href="#">online self-assessment tool by clicking here</a> or call 514-644-4545.</b> I apply the instructions given.</p> <p><b>Step 3. I get my child tested in a <a href="#">designated screening centre (CDD)</a>.</b></p> <p><b>The family bubble does not have to isolate while waiting for the test result</b> Other children in your home can keep going to school. However, children attending daycare, preschool and kindergarten must stay at home until the child with symptoms gets a <b>negative</b> test result.</p>
<p><b>My child has one of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• Extreme fatigue</li> <li>• Generalized muscle pain (not linked to physical effort)</li> <li>• Significant loss of appetite</li> <li>• Headaches</li> <li>• Stomach aches (except for constipation)</li> <li>• Nausea</li> <li>• Vomiting</li> <li>• Diarrhoea</li> </ul>	<p style="text-align: center;"><b>ISOLATION AND OBSERVATION FOR 24 HOURS</b></p> <p><b>Step 1. If symptoms develop while at school:</b> The school contacts me and I pick up my child right away.</p> <p><b>If symptoms develop while at home:</b> I notify the school and keep my child at home.</p> <p><b>Step 2. I keep my child in isolation at home</b> under observation for <u>24 hours</u>.</p> <ul style="list-style-type: none"> <li>- My child no longer has symptoms: the child can go back to school.</li> <li>- If my child still has at least one symptom: I review the recommendations in the <a href="#">Isolation and Testing</a> section (above).</li> </ul> <p><b>The family bubble does not have to isolate during the observation period</b> Other children in your home can keep going to school, <b>except children attending daycare</b>. The latter must stay home during this period.</p>

**WHAT TO DO AFTER THE TEST**

- The result is **negative**: If my child is in good overall health and the symptoms have lessened, the child can go back to school.
- The result is **positive**: I keep my child in isolation for 10 days, based on the dates determined by Montréal’s regional public health department (DRSP) during its investigation. The family bubble must apply the directives issued by the DRSP.

**WHAT HAPPENS IF I REFUSE TO HAVE MY SYMPTOMATIC CHILD TESTED**

- I keep my child in isolation at home for a **period of at least 10 days** from the day the child’s symptoms appeared.
- My child can go back to school after this period **if he or she no longer has symptoms**. If symptoms persist, I call 514-644-4545.