

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 must stay home until the symptom has been improving for at least 24 hours (48 hours for nausea, vomiting, or 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.

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








What to do if you have symptoms:

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.

If they are:













Age 11 or younger OR fully vaccinated

they **must isolate for 5 days** from when their symptoms started and stay in isolation until they have no fever and their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms), whichever is longest.

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 immune compromised

they **must isolate for 10 days** from when their symptoms started and stay in isolation until they have no fever and their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms), whichever is longest.

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

Legend



Symptoms start, self-isolate immediately



Self-isolate at home, except for emergency medical care

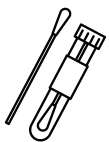


Return to school if feeling well



What household members need to do:

All household members, regardless of their vaccination status, must self-isolate while the symptomatic person is self-isolating. If household members develop symptoms, follow instructions above for **What to do if you have symptoms**. All household members without symptoms must self-isolate until the last symptomatic person has finished their self-isolation.



COVID-19 testing

Take home PCR self-collection kits or rapid antigen tests should be available for students/staff from their school. It is not recommended or required that students seek testing from pharmacies or community assessment centres.

If a single PCR test is negative or **two** consecutive rapid antigen tests collected 24 to 48 hours apart are both negative, it is less likely that the symptomatic person has COVID-19. Household members can stop isolating after these negative tests. The symptomatic person can stop isolating when they have no fever and their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).