



WHAT SHOULD I DO IF MY CHILD IS SICK?



Students should stay home from school if they are sick, no matter how mild the symptoms.

If a student has any symptom(s) of illness while at school, they will be isolated and their parent/guardian will be contacted to pick them up. Siblings of the symptomatic student will also be sent home if they are not

COLUMN A

Do you have a new onset, or worsening, of any **ONE** of the following symptoms?

- Fever > 38°C or think you have a fever or chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

COLUMN B

Do you have a new onset, or worsening, of any **TWO** of the following symptoms?

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

fully vaccinated or have not been infected and recovered from COVID-19 in the last 6 months.

If your child has one symptom from column A, they should get tested for COVID-19.

If your child has two symptoms from column B, they should get tested for COVID-19.

Schools may send a child home if they have one symptom from column B and have consulted with the parent/guardian. They may only return to school once they are symptom-free for 24 hours.

WHEN CAN MY CHILD RETURN TO SCHOOL?

If your child gets tested for COVID-19 and is:



NEGATIVE: They can return to school after 24 hours of being symptom free



POSITIVE: Public Health will provide guidance regarding what is required before your child can return to school

If your child is not tested for COVID-19, they must self-isolate for 10 days from symptom onset and can return if symptoms have resolved at that time.

WHEN DOES A HOUSEHOLD NEED TO ISOLATE?

Household members without symptoms do not need to self-isolate (quarantine) while awaiting the sick individual's test result as long as the sick individual has not been identified as a close contact of a confirmed COVID-19 case or traveled outside of Manitoba in the past 14 days.

It is recommended that household members avoid leaving the home to attend school or for other non-essential reasons. When outside the household, household members should wear a mask and physically distance where possible.

The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas.



IF ANYONE IN YOUR HOUSEHOLD IS A CLOSE CONTACT OF A CONFIRMED COVID-19 CASE:

Household members of close contacts are not required to self-isolate (quarantine) as long as the close contact is asymptomatic.



If the close contact develops COVID-19 symptoms, all household members must self-isolate (quarantine) until the close contact's test results are known, unless household members are asymptomatic and exempt. *Public health officials will help determine whether you or anyone in your household is exempt from needing to self-isolate.*

Close contacts who are required to self-isolate (quarantine) are recommended to go for testing at 7 days after their last exposure to the case, or if symptoms develop. Regardless of whether the close contact tests negative, they must complete their 10 days of self-isolation

