COVID-19 School and Childcare Screening

- All children/students must screen for COVID-19 every day before going to school/childcare.

- Everyone in your household must stay home if anyone has COVID-19 symptoms or is waiting for test results after experiencing symptoms.

- Stay home until the person with symptoms gets a negative COVID-19 test result or receives an alternative diagnosis from a healthcare provider.

- If the symptomatic individual does not seek testing or is not diagnosed with another illness, he or she must isolate for 10 days from symptom onset and all household members must isolate for 14 days from their last contact with the symptomatic individual.

What are the symptoms of COVID-19?

Fever and/or chills

- Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

Cough or barking cough (croup)

- Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have)

Shortness of breath

- Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)

Decrease or loss of taste or smell

- Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have

Sore throat or difficulty swallowing

- Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)

Runny or stuffy/congested nose

- Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have

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905-668-2020 or 1-800-841-2729 | **durham.ca/health**

If you require this information in an accessible format, contact 1-800-841-2729.

Headache

- Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)

Nausea, vomiting, and/or diarrhea

- Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have

Extreme tiredness or muscle aches

- Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have)

How can I get my child tested?

You can book an appointment for COVID-19 testing in Durham Region by completing the online assessment form at covidswab.lh.ca.

If any members of your household test positive for COVID-19, you will be contacted by Public Health directly with more detailed advice.

What should I do if my child's symptoms get worse?

Monitor your child's symptoms closely as symptoms may change throughout the progression of COVID-19. If your child's symptoms persist or worsen, and an initial swab is negative, complete the online assessment form (covidswab.lh.ca) for another assessment to determine the need for another test. If your child has worsening symptoms (such as difficulty breathing, chest pain) please call 911 or go to your local emergency department.

When can my child return to school/childcare?

Your child can return to school/childcare when:
- They receive a negative COVID-19 test result.
  OR
- They receive an alternative diagnosis by a health care professional.
  OR
- It has been 10 days since their symptom onset, they do not have a fever (without using medication).
  AND
- Symptoms have been improving for at least 24 hours.

March 4, 2021

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