



## 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. Household members without symptoms do not need to self-isolate 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.

- ✓ If a student displays any symptom of illness while at school, they will be isolated, and their parent/guardian will be contacted to pick them up.
- ✓ 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.
- ✓ If your child has only one symptom from Column B, they should stay home. They may only return to school once they are symptom-free for 24 hours.

### 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)

## 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.

Individuals with symptoms who chose not to be tested must isolate for a minimum of 10 days following the start of symptoms. Isolation can be stopped at day 10 if the individual has been symptom-free for 24 hours. Please check Self screening tool for more info:

<https://bit.ly/3FrpSqt> and testing information for young children can be found here:

<https://www.gov.mb.ca/covid19/testing/collection-methods.html>

*Adapted from: Louis Riel School Division*