

# Student with Symptoms of COVID-19

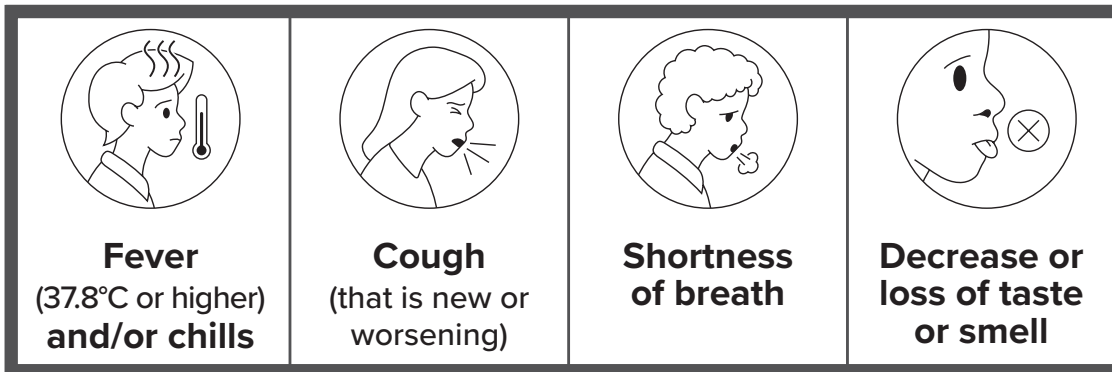
Dear Parent/Guardian,

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.

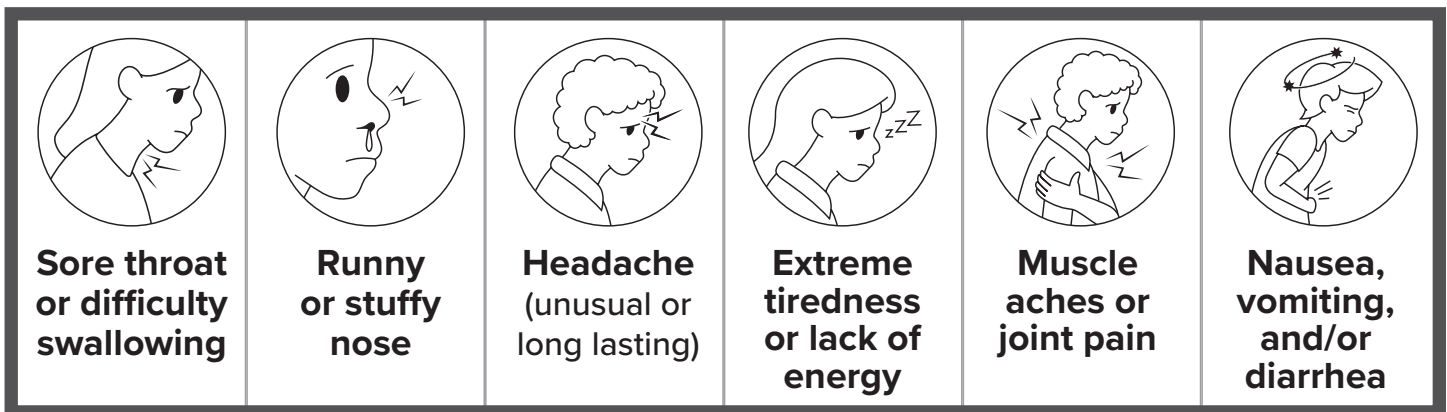
Below are the symptoms of COVID-19 as listed in the Ministry of Health's COVID-19 Reference Document for Symptoms<sup>1</sup>.

**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:



**Two or more of the following Other Symptoms of COVID-19** requires self-isolation:



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.













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. They should isolate away from household members where possible to avoid ongoing exposure.

**If the symptomatic person is not tested or tests positive** for COVID-19 and they are:

**Age 11 or younger  
OR fully vaccinated**













They **must isolate for 5 days** from when their symptoms started, or their positive test date, whichever is earlier. They must also have no fever and their symptoms must be improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea) before ending isolation and returning to school.

**For 10 days after** symptoms started or from their positive test date, they **must wear a well-fitted mask** in all public settings (including school or child care) **and avoid activities where they would need to take off their mask** (for example, playing a wind instrument or removing their mask for sports). They may remove their mask to eat, while maintaining as much distancing from others as possible. They must also avoid visiting anyone who may be at higher risk of illness.

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, or their positive test date, whichever is earlier. They must also have no fever and their symptoms must be improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea) before ending isolation and returning to school.

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		Wear a mask and return to school if feeling well.		May attend school with or without a mask if feeling well
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\*if the symptomatic person tested positive for COVID-19 in the previous 90 days, they are not required to test again for COVID-19, but must stay home until they have no fever and their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea) before returning to school.



## What household members and close contacts need to do:

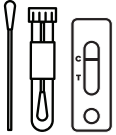
**Household members must stay home** at the same time as the symptomatic/positive person(s), unless they:

- are 17 or younger and fully vaccinated<sup>1</sup>,
- are 18 or older and have received their COVID-19 booster dose, AND/OR
- have previously tested positive for COVID-19 in the past 90 days and have already completed their isolation.

**For 10 days after their last exposure** to the person with COVID-19 symptoms or a positive test result (or from when the symptomatic/positive person finishes their isolation), **all household members and close contacts must:**

- monitor closely for any symptoms of COVID-19,
- wear a well-fitted mask in all public settings (including school or childcare),
- avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing their mask for sports),
- not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised), and
- not visit or attend work in any highest risk settings (unless they have tested positive for COVID-19 in the past 90 days and have already completed their isolation).

**Note:** Household members already isolating because they had symptoms and/or a positive test result do not need to extend their isolation period if another household member develops symptoms or tests positive.



**If the symptomatic person tests negative for COVID-19** on two consecutive rapid antigen tests collected 24 to 48 hours apart or a single PCR test, it is less likely that the symptomatic person has COVID-19.

- Isolating household members can stop isolating after these negative test results.
- The symptomatic person can return to school when they have no fever and their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).

<sup>1</sup> [https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

<sup>2</sup> Individuals are considered fully vaccinated if they have received a full series of a Health Canada authorized vaccine (e.g. two doses of AstraZeneca/Moderna/Pfizer or 1 dose of Janssen) at least 14 days ago.