



KNOW WHEN TO Self-Monitor, Self-Isolate or Send your Child to School

Parents have questions about COVID-19, and what they should be doing to protect their families and their community.

Below are some examples of possible situations with information to help guide parents.

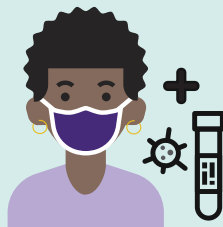
What if...

Julia has symptoms of COVID-19...



- Julia must stay home, self-isolate, and arrange to get tested.
- Julia's siblings and adult family members who attend a school setting must also stay home and self-isolate until COVID-19 is ruled out.
- Adults in the household who don't attend a school setting can still go to work if they do not have symptoms.
- Julia can return to school if her test is negative, and her symptoms have been improving for at least 24 hours.
- Julia's siblings and adult family members who attend a school setting can return to school if Julia tests negative.

Abishola has symptoms and tests positive for COVID-19...



- Abishola must stay home and self-isolate for 10 days from the day her symptoms started.
- Everyone in Abishola's household must stay home and self-isolate for at least 14 days.
- A parent should notify the school of the positive test result. The principal will dismiss Abishola's class. Public Health will contact the family with further instructions.

Bao-Lee has symptoms of COVID-19, but did not go for testing...



- Bao-Lee, his siblings and adult family members who attend a school setting must stay home and self-isolate for 10 days from when his symptoms started.
- Adults in the household, including parents, who do not attend a school setting must self-monitor for symptoms. They may go to work if they do not have symptoms.
- After 10 days, Bao-Lee, his siblings and adult family members who attend the school setting may go back to school if his symptoms are improving.





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Abdul was in close contact with someone who has COVID-19...

- Abdul must stay home, self-isolate and follow public health advice.
- Abdul's siblings must stay home for Abdul's 14 day self-isolation period.
- Adults may go to school or work if they do not have symptoms.
- If Abdul develops symptoms, everyone else in his household must stay home and self-isolate. Abdul should go for testing.
- If Abdul's test is negative, his siblings still need to stay home for Abdul's isolation period. All adults in the household can return to school/work if they do not have symptoms. Even if Abdul tests negative, he must complete his 14 days of self-isolation before he returns to school as that is how long it can take for symptoms to appear.



Berta's mom was in close contact with someone who tested positive for COVID-19...

- Berta's mom must stay home, self-isolate for 14 days, and arrange to get tested.
- Berta and her siblings must stay home from school for the full time of her mother's 14 day isolation period.
- If Berta's mom develops symptoms of COVID-19 while she is self-isolating, everyone in her household will have to self-isolate until her mother's test rules out COVID-19.



Jackson's dad has travelled outside of Canada in the last 14 days...

- Jackson's dad must stay home and self-isolate for 14 days, preferably in a separate room from others in the house.
- Jackson, his siblings and any adults who attend a school setting, must also stay home for the full 14 day travel quarantine period.
- If Jackson's dad develops symptoms, he should get tested.
- Jackson and everyone else in his household will have to stay home and self-isolate for 14 days if Jackson's dad tests positive for COVID-19.