COVID-19 symptoms and testing: Can your child go to school or return to regular activities?

This guidance is for school-aged **children 6 years and older who have not completed a COVID-19 immunization series** 14 days before they show any symptoms.

This guidance does not apply if your child is severely immunocompromised or has a complex medical history.

Talk to your child every day to see if they have any new or worsening symptoms.
COVID-19 is a disease that can be prevented through vaccination, but this vaccine is not yet available for younger children. People who are unvaccinated are more likely to become sick from the COVID-19 virus.

NO	NO	YES
RED symptoms	**YELLOW symptoms**	**Your child has NO symptoms**
• Cough	• Headache	Your child can go to school and return to regular activities.
• Fever	• Runny nose or congestion	
• Chills	• Sore throat	Continue to encourage them to follow the Safe 6.
• Loss of taste or smell	• Acute or intense fatigue	
• Shortness of breath or difficulty breathing	• Generalized muscle aches (not related to physical exertion)	
	• Significant loss of appetite	
	• Nausea or vomiting	

If your child has **one or more RED or YELLOW** symptoms, **get your child tested.**

Your child should self-isolate and cannot attend school or take part in regular activities until they've been tested and the result is negative. Phone the COVID-19 Testing Centre at 867-393-3083 or your local health centre to book a test.

If you do not get your child tested: If their symptoms go away sooner than 10 days without testing, self-isolation is still recommended unless your healthcare provider tells you otherwise.

Exceptions: If your child is throwing up or has diarrhea, keep them at home until 24 hours after their symptoms have gone away. If their runny nose or nasal congestion lasts longer than 24 hours, is mild and not getting worse, and the child is otherwise well, they may return to school. You do not need a written note from your health care provider for your child to return to school and regular activities.

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