



# KNOW WHEN TO Self-Monitor, Self-Isolate or Send Your Child to School/Child Care

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

**For more information, please see [Screening for Children/Students/Adults](#).**

## COVID-19 Testing:

- Take-home PCR or Rapid Antigen Tests (RATs) may be available at child care/school for children/students who develop symptoms.
- Anyone with symptoms who are not tested is considered to have COVID-19 and must self-isolate immediately.

## Julia is 10 years old, has symptoms of COVID-19 and tested positive:

- Julia needs to stay home and self-isolate from the day her symptoms started.
  - ◇ Since she is 11 years or younger she must self-isolate for at least 5 days and until symptoms have been improving for 24 hours (48 hours if nausea/vomiting and/or diarrhea) and she does not have a fever.
  - ◇ From days 6 to 10, Julia should wear a mask in public places, including while exercising, and should not visit higher risk settings.
- Household members must self-isolate for the same amount of time that Julia is isolating. Household members do not need to self-isolate if they:
  - ◇ had a confirmed COVID-19 infection within 90 days\*\* OR
  - ◇ 18+ years and boosted\*\*\* OR
  - ◇ 17 years or younger and fully vaccinated\*
- Household members must watch closely for any COVID-19 symptom. For 10 days after their last exposure to Julia, they must wear a well-fitted mask in all public settings and not visit people or settings at higher risk.

\* [Fully vaccinated](#) is 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the [Ontario Ministry of Health](#).

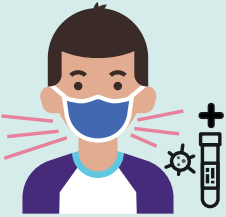
\*\* Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.

\*\*\* Boosted means received a booster dose 3 months or more after a primary vaccine series.





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## Diego is 15 years old, has a new cough and tested positive. Diego was never vaccinated:

- Since Diego is 12 years or older and not fully vaccinated he must self-isolate for at least 10 days and until symptoms have been improving for 24 hours (48 hours if nausea/vomiting and/or diarrhea) and he does not have a fever.
- Diego can get his first dose of the vaccine as soon as symptoms have cleared, or 2 months after the infection to get the best immune response.
- Having a recent COVID-19 infection and being up-to-date with COVID-19 vaccines provides the best protection.



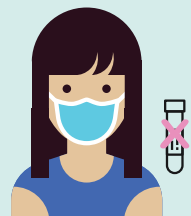
## Megan has symptoms of COVID-19 and tested negative:

- If Megan tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart AND symptoms are improving for 24 hours (48 hours if nausea/vomiting and/or diarrhea) and she does not have a fever, her isolation period can end and she can return to child care/school.
- Megan's household members can also return to school and work.



## Bao Lee's sister has symptoms of COVID-19, but his sister did not get tested:

- Bao Lee's sister will have to self-isolate based on her [age and vaccination status](#).
- From the day his sister's symptoms started, Bao-Lee and his entire household must stay home and self-isolate for the same time as the sister. They do not need to isolate if they:
  - ◊ had a confirmed COVID-19 infection within 90 days\*\* OR
  - ◊ are 18+ years and boosted\*\*\* OR
  - ◊ are 17 years or younger and fully vaccinated\*
- For 10 days, they must wear a well-fitted mask when in public settings, monitor for symptoms and not visit people or settings at higher risk.



\* [Fully vaccinated](#) is 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the [Ontario Ministry of Health](#).

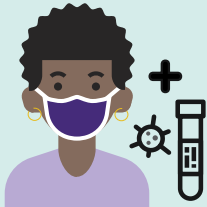
\*\* Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation. Then, do not need to self-isolate if someone in the home has symptoms.

\*\*\* Boosted means received a booster dose 3 months or more after a primary vaccine series.





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**Abishola had symptoms of COVID-19 and tested positive. Abishola and her household members self-isolated for Abishola's complete isolation period. A few days after they completed their isolation, Abishola's brother develops symptoms of COVID-19:**

- Abishola's brother must self-isolate based on his [age and vaccination status](#).
- All household members who are well and have not developed symptoms of COVID-19 will need to self-isolate for the same amount of time that Abishola's brother is self-isolating. They do not need to isolate if they:
  - ◇ had a confirmed COVID-19 infection within 90 days\*\* OR
  - ◇ are 18+ years and boosted\*\*\* OR
  - ◇ are 17 years or younger and fully vaccinated\*
- Since Abishola recently got COVID-19 she does not need to self-isolate again.



**Abdul was in close contact with someone outside of his household (e.g. at an indoor gathering, playdate, indoor activity) who has COVID-19:**

- If Abdul develops symptoms of COVID-19, must self-isolate based on his [age and vaccination status](#).
- If Abdul does not have symptoms, he does not need to self-isolate. For 10 days after last exposure to the person with COVID-19, Abdul must wear a well-fitted mask in all public settings, self-monitor for symptoms and not visit people or settings at higher risk.



**Jackson has travelled outside of Canada in the last 14 days:**

- Jackson must follow [federal requirements for travellers](#), for quarantine and testing after returning from international travel.

\* Fully vaccinated: Fully vaccinated means 14 days or more after getting a second dose of a two dose COVID-19 vaccine series, or one dose of a single dose COVID-19 vaccine series. They may not need to self-isolate as long as they don't have symptoms.

\*\*Previous recent COVID-19 infection: Person has tested positive for COVID-19 in the last 90 days and has been cleared by public health. They may not need to self-isolate as long as they don't have symptoms.

April 6, 2022