

COVID-19

# Student caregiver toolkit

# Student caregiver toolkit

## Important information

If your child has been asked to stay home from school due to COVID-19 precautions or self-isolation, here are resources to help you care for them and your household during this period.

- 1.1** COVID-19 Information sheet for a student with symptoms
- 2.1** COVID-19 Return to school protocol for staff/students with symptoms
- 3.1** COVID-19 How to self-isolate

## Information sheet for a student with symptoms

Dear Parent/Guardian,

On \_\_\_\_\_, \_\_\_\_\_ reported or showed signs of symptoms. These symptoms may be caused by COVID-19.

Student reported or showed signs of:

| Column A   | Column B   |
|--|--|
| <input type="checkbox"/> Fever and/or chills (=or>37.8 degrees C)        | <input type="checkbox"/> Sore throat or difficulty swallowing              |
| <input type="checkbox"/> New or worsening cough or barking cough (croup) | <input type="checkbox"/> Stuffy nose and/or runny nose                     |
| <input type="checkbox"/> Shortness of breath/difficulty breathing        | <input type="checkbox"/> New or persistent headache                        |
| <input type="checkbox"/> Decrease or loss of smell or taste              | <input type="checkbox"/> Nausea, vomiting and/or diarrhea                  |
|  | <input type="checkbox"/> Extreme tiredness that is unusual or muscle aches |

### What are the next steps?

If **any** symptom in **column A** or **two or more** symptoms in **column B** were reported:

- Your child should stay home and isolate immediately, and not leave except to get tested or for a medical emergency. You should arrange for your child to be tested for COVID-19. Or, if you believe these symptoms to be due to another illness (i.e. pre-existing medical condition), you must see your primary care provider for an assessment of their symptoms. If your primary care provider cannot rule out COVID-19, your child should be tested. There are testing locations in Brampton, Caledon and Mississauga. Please check the [Peel Public Health website](#) for one close to you.
- If visiting your primary care provider, ensure you call their office **before** visiting to let them know that your child has symptoms consistent with COVID-19.
- While awaiting test results, your child should self-isolate at home by avoiding contact with others (including household members) as much as possible. **Other household members, such as siblings, should not attend school in-person while awaiting test results. To keep everyone safe, it is recommended that the entire household stays home until results are known.** If there is a health care worker in the household, they should speak to their occupational health department about return to work.

- If you have questions, call your health care provider or Telehealth Ontario (1-866-797-0000).

If only **one symptom from column B** was reported:

- Your child should stay home for 24 hours from when the symptom started
- If the symptom is improving after 24 hours, your child may return to school when they feel well enough to do so. A negative COVID-19 test is not required to return.
- Other household members, such as siblings, can attend school in-person
- If the symptom persists (e.g. stay the same) for 24 hours or worsens, the student should stay home, self-isolate and get tested or contact their health care provider.

### What should you do while waiting for the test results?

- You should follow the direction provided by the assessment centre.
- Your child should not attend school and must remain in self-isolation and avoid contact with others as much as possible.
- Caregivers should review instructions on how to self-isolate.
- **Other household members, such as siblings, should not attend school in-person while the ill student is awaiting test results. To keep everyone safe, it is recommended that the entire household stays home until results are known.**

### What do you do if the test result is **NEGATIVE**?

- If it has been at least 24 hours since their symptoms started improving, and they pass the daily COVID-19 screening tool, your child can return to school.
- If symptom(s) do not resolve, consult with primary care provider for diagnosis of another illness
- If your child tests negative, but has had close contact to a positive case, your child is required to self-isolate for 14 days from their last day of contact with the case.
- Documented proof of the negative test is not required to return to school.
- Other household members may be released from isolation if the symptomatic student tests negative.

### What happens if the test result is **POSITIVE**?

- You will receive a call from a public health case manager who will provide you with guidance on what to do. They will also ask you/your child questions to find out who your child may have come into contact with in the last two weeks.
- Public health will also call the school to find out who your child was in contact with and provide them guidance to prevent the spread of COVID-19.
- The rest of your household, including siblings, must self-isolate immediately and get tested. Household members must isolate for 14 days after their last contact with the individual before they started self-isolating
- Your child may return to school following the guidance provided by public health which will include:

- Your child has isolated for 10 days after the onset of symptoms or test result (if always asymptomatic) AND
- Your child does not have a fever and symptoms are improving for at least 24 hours
- Your child does not need to be retested or receive a medical note to return to school.

### What happens if my child does not get tested?

- If your child was assessed and diagnosed with another illness by primary care provider AND it has been at least 24 hours since their symptoms started improving, your child can return to school.
- If your child has not received another diagnosis from a health care provider, your child must self-isolate at home for 10 days from the start of their symptoms AND pass the daily COVID-19 screening tool before returning to school.
- Household members, including siblings, must isolate for 14 days after their last contact with the individual.

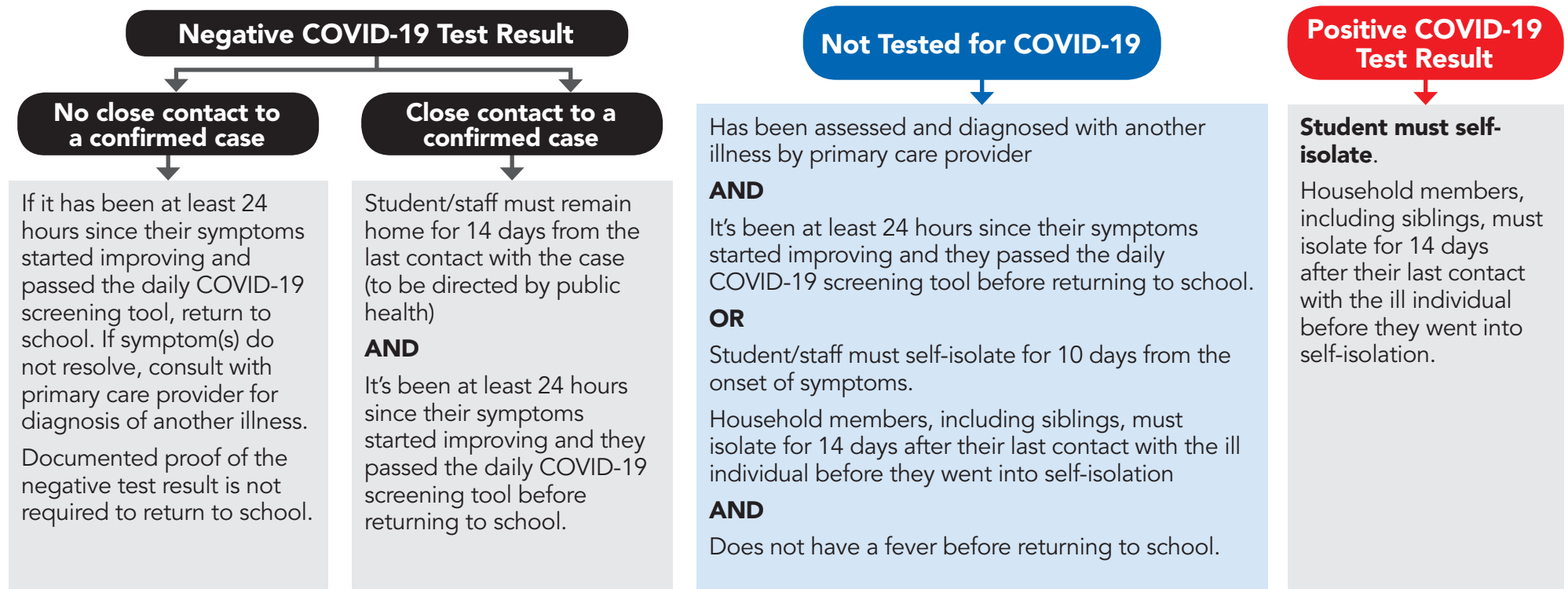
### How do you get more information?

If you need more information you can go to Peel Public Health's School website at [peelregion.ca/coronavirus/school-reopening](https://peelregion.ca/coronavirus/school-reopening) or call **905-799-7700**.

# COVID-19

## Return to School Protocol for Students/Staff with Symptoms

Once a student/staff displays COVID-19 symptoms, they should get tested or consult their health care provider. If a student is tested for COVID-19 and are awaiting results, they and any household members must self-isolate and cannot attend school in-person.



The information in this document is current as of October 16, 2020

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For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

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# How to self-isolate

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or Peel Public Health at 905-799-7700.

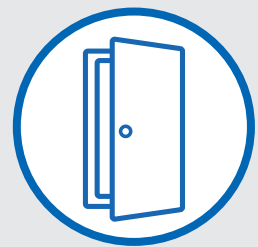
## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



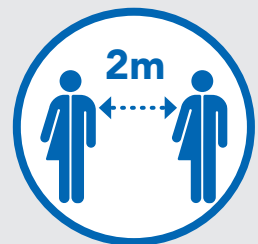
## Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



## Keep a distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining wastebaskets with a plastic bag makes waste disposal easier and safer.
- Clean your hands after emptying wastebaskets.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two meters distance from people and cover your cough and sneezes.



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For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

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