TOOL FOR THE FAMILY

TESTING AND PREVENTIVE ISOLATION

FOR A CHILD IDENTIFIED AS A CONTACT* OF A CONFIRMED COVID-19 CASE

This tool is designed to help you make an informed decision about getting a test for your child who came in contact with a confirmed COVID-19 case. Recommendations are the same for contacts of cases of COVID variants and non-variants.

Public health strongly recommends having your child tested, but this is not mandatory. However, **before returning to school, your child must stay in preventive isolation for 14 days.** Preventive isolation involves staying at home and observing social distancing with other members of your household.

Keeping your child in preventive isolation and getting him or her tested are the best ways to protect other people.

? Why get tested?

- To determine if your child has COVID-19 (confirmed case)
- To help stop the spread of COVID-19 in your environment and at school
- To protect your community and vulnerable individuals
    - people aged 70 or over
    - people with weakened immune systems
    - people with chronic diseases or other risk factors

DEFINITIONS

- A **confirmed COVID-19 case** is someone who has COVID-19 and has had a positive test. **This person must self-isolate for 10 days.**

- A **contact* of a confirmed COVID-19 case** is someone who has been in contact with a confirmed COVID-19 case. **This person must self-isolate for 14 days.**

For more information on precautionary measures, see the reverse.

* contact at moderate or high risk.

Québec 🏳🏳

My child has been IN CONTACT (MODERATE OR HIGH RISK) with a confirmed case of COVID-19: What to do

My child self-isolates immediately

My child has symptoms

My child has no symptoms

I refuse the test	I accept the test	I accept the test	I refuse the test

My child must stay in isolation

For 10 days after onset of symptoms To end isolation, the following criteria must also be met:

- No fever for 48 hours
- Improved symptoms for at least 24 hours (excluding cough, loss of smell, loss of or altered sense of taste, which can last longer)

Household members must stay in isolation, even if they don't have symptoms. See the box below.

My child gets tested immediately.

My child has a first test on the date recommended by public health.

My child **and household members** must self-isolate while awaiting test results.

Even if they don't have symptoms, household members must stay in isolation during the contact's entire isolation period.

THE TEST IS POSITIVE

My child is a confirmed case

Isolation continues **for 10 days from when symptoms appeared or from the date of the test, if the child did not have symptoms.** To end isolation of a confirmed case, the following criteria must be met:

- No fever for 48 hours
- Symptoms improved for at least 24 hours (excluding cough, loss of smell, loss of or altered sense of taste, which can last longer)

All household members must get tested and self-isolate.

THE TEST IS NEGATIVE

My child continues the **14-day isolation period after the most recent contact with the confirmed COVID-19 case.** Parents and siblings continue their regular activities. Everyone in the household watches for symptoms.

If my child develops **symptoms**: see the box *My child has symptoms*

My child has a second test 48 hours before the end of his or her isolation period. My child stays in isolation until we receive the COVID test result.

THE 2nd TEST IS POSITIVE   **THE 2nd TEST IS NEGATIVE**

Family members in close contact with the child begin a 14-day preventive isolation period from the date of the last contact with the child. If contact with the sick child could not be avoided during the child's 10-day isolation period, household members must isolate for at least 24 days, since their isolation must begin after the child's isolation period ends: 10 days for the child + 14 days for the contact = 24 days.

They must watch for symptoms during the entire period, and call the COVID line at **1-877-644-4545** or use the online self-assessment tool if they develop symptoms.

A **new isolation period** starts if:
- Another person in the household tests positive for COVID-19.
- Parents or siblings develop symptoms.

My child ends the **isolation period 14 days after the most recent contact with the confirmed COVID-19 case.**

If the child who has tested negative still has symptoms, you must call the COVID line at **1-877-644-4545** to check if the child is allowed to go back to school.