

COVID-19 | What to do if my child has symptoms?

My child has one or some of the following:



- **Fever in 5 and unders:**
Rectal temperature of 38.5 °C (101.3 °F) or more.
- **6-17 years old:**
Oral temperature of 38.1°C (100.6 °F) or more.
- Shortness of breath, difficulty breathing.
- Fatigue
- New or worsening cough
- Loss of taste or smell
- Runny nose / congestion
- Muscle aches unrelated to physical activity
- Sore throat
- Nausea, vomiting, diarrhea, upset stomach
- Significant loss of appetite

If the symptoms start at home:
my child remains at home and I contact the school or day care to let them know.

If the symptoms start at school or at the day care:
the staff contact the parent(s) to come and get their child to bring them home immediately.



Wait 24 hours to monitor the evolution of the symptoms.



During this time, my other children, if they do not show symptoms, may continue going to school and/or day care.

AFTER 24 hours at home:



If my child no longer has symptoms



They can return to school or day care



If my child still has at least one symptom



I fill out the [self-evaluation tool](#) online and follow the recommendations, or I call 1 877 644-4545

ATTENTION!

If I am told that my child needs to be tested for COVID-19 but I do not want them to be tested, I must keep them isolated at home for a minimum of 10 days from the onset of their symptoms, AND until the point they no longer have any symptoms.



During this time, if my other children DO NOT have symptoms, they can continue going to school and/or day care.



Following a negative test result, a significant reduction in symptoms, and if my child is generally in good health, they can return to school and/or day care.



When returning to these places, I might be asked to fill out a commitment form that confirms it's safe for my child to return.

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

