

COVID-19 – DECISION AID FOR PARENTS OF CHILDREN AGED 6 TO 17 – SSAT¹

If your child has been showing one or more symptoms on this list, it is recommended that they stay home and avoid contact with other people.

If your child's condition requires a quick consultation (blue box), contact 911.

Complete the Self-Assessment Tool or contact le 1 877 644-4545



Fever

Children **ages 5 and under:**

- Rectal temperature of 38.5°C (101.3°F) or higher

Children **ages 6 and older:**

- Oral temperature of 38.1°C (100.6°F) or higher



General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose



Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches

* Your child **MUST** stay home if :

- He is awaiting a result of a screening test
- He has been ordered to self-isolate by Public Health
- He is returning from a trip outside of Canada (home for 14 days)
- He does not respect the usual return conditions from the guide « Prevention and control of infections in daycare centers and school services » (chap.3; page 22)

* You must respect the following health instructions at all times :

- Cough into your elbow
- Wash your hands
- Keep your distance
- Cover your face

Is your child having difficulty breathing?
Does he feel like he is out of breath or suffocating?
OR
Does he have a lot of trouble breathing even when at rest, such as shortness of breath that makes it hard to speak?

No

Yes

Is your child experiencing **any of the following symptoms?**

- Fever (oral temperature 38.1 °C+ (100.6°F) or higher)
- Loss of taste or sense of smell
- Cough (new or worse), shortness of breath, trouble breathing
- Sore throat
- Runny or stuffy nose (of unknown cause)

No

Yes

- Dial 911
- Please inform the paramedics if your child has been in contact with someone who has COVID-19 or is waiting for the results of a COVID-19 test.

Does your child presents **2 of the following symptoms?**

- Abdominal Pain
- Nausea or Vomiting
- Diarrhea
- Major fatigue
- Significant loss of appetite
- Generalized muscle pain (not related to physical exertion)
- Headache

No

Yes

- The child must stay at home and get tested at a testing centre, contact this number 1 877 644-4545 or cv19quebec.ca
 - While waiting for the result, the other family members must self-isolate. You must follow any instructions provided by the testing centre or a health care professional.
 - If you decide **not to get your child tested for COVID-19**, they must self-isolate for **10 days from the onset of symptoms**. Isolation ends once the 10 days are completed AND he has not had a fever (without medication) for 48 hours AND his symptoms have improved for 24 hours (except cough or loss of smell, which may persist).
- The other members of the family must also self-isolate for 14 days.**

Negative test

Positive test

Keep your child at home for 24 hours and observe its symptoms. If new symptoms appear, do the self-assessment tool again. If no symptoms have appeared, your child can continue its usual activities and go to school*

- The child can return to school : *
- No fever without taking medication (antipyretic)
 - Condition allowing normal resumption of activities, without unusual effort or doctor's advice
 - If symptoms appear again, contact 1 877 644-4545

- You will be contacted by PublicHealth : *
- Stay in isolation and follow the instructions you will receive from Public Health
 - Follow the guidelines for lifting isolation

¹ From the COVID-19 Symptom Self Assessment Tool on the covid19.quebec.ca website