## **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.

Public health 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

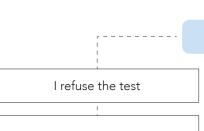
#### **DEFINITIONS**

- 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.
- A person in contact with a contact of a COVID-19 case does not need to self-isolate and can continue regular activities.

For more information on precautionary measures, see the reverse.







# 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)

Even if they don't have symptoms, household members must stay in isolation for at least 14 days after the child develops symptoms.

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

Centre intégré universitaire de santé et de services sociaux du Centre-Sudde-l'Île-de-Montréal





#### My child has symptoms

I accept the test

### My child has no symptoms

I accept the test

I refuse the test

#### My child gets tested immediately.

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

My child gets tested within the next 6 days or on the date indicated by public health.

#### 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.

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

### A new isolation period starts if:

- Another person in the household tests positive for COVID-19
- Parents or siblings develop symptoms

#### 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.

My child develops **symptoms**. The child must **get tested immediately.** My child **and household members** must self-isolate while awaiting their test results.

THE 2<sup>ND</sup> TEST IS POSITIVE

THE TEST IS NEGATIVE

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

If a 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.