

# CHILDREN AND COVID-19

## STAY ALERT TO KEEP THE VIRUS FROM SPREADING

If your child shows symptoms on this list, it is recommended that they stay home and avoid contact with other people. After **24 hours**, re-evaluate the situation to see if there is any change in their symptoms.

Before sending your child back to their educational childcare centre or school (including school daycare), please use the **self-assessment tool** available on [Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) or call **1-877-644-4545** and follow the guidelines provided to see if your child must be tested, or if they can return to school, school daycare or educational childcare centre.



### 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

Do not send your child to school, school daycare or educational childcare centre if:

- you have received instructions from your public health authorities to self-isolate at home (your child and the people they have been in contact with)
- there is a chance that your child is infected, or you think they have been in contact with someone who has COVID 19
- you are in quarantine following travel outside Canada

Provided they do not have COVID-19, individuals (children and adults) with viral symptoms (e.g. fever, sore throat, vomiting, diarrhea, cold, flu, gastroenteritis) may resume their regular activities when each of the following conditions has been met:

- they have gone 48 hours without a fever (without taking medication)

#### AND

- 24 hours have passed after a significant reduction of their other symptoms