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 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.

<table>
<thead>
<tr>
<th>Fever</th>
<th>General symptoms</th>
<th>Respiratory symptoms</th>
<th>Gastrointestinal symptoms</th>
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</table>
| 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 |
| • 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) |
| • Cough (new or worse)  
  • Shortness of breath, difficulty breathing  
  • Sore throat  
  • Runny or stuffy nose |
| • 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