

## What should I do when my child has COVID-19 symptoms?

**If your child has cold or flu like symptoms you will be asked to pick up your child from school.**

- Stay at home and avoid contact with others
- Wash your hands frequently
- Follow good respiratory hygiene practices: Cover your mouth and nose when coughing or sneezing (elbow, upper arm or disposable paper tissue)
- **Call the 1-877-644-4545 coronavirus hotline to report your child's symptoms and follow the instructions you are given**
- If your child has major difficulty breathing, call 911
- When can my child return to school?
  - In general, you need to **home-isolate for 14 days** after the onset of symptoms, and:
  - Until you are **free of fever for at least 48 hours** (without taking fever medication) and
  - Have **no acute symptoms for at least 24 hours** (this does not include cough and loss of smell, which can take a longer time to go away).
- Please contact your school administrator prior to your child's return.

*Adapted from Self-care Guide COVID-19, MSSS, Quebec, 2020*

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