

Date: **insert date**

Reference #: **(insert class/grade or on bus company/route number)**

Wellington-Dufferin-Guelph (WDG) Public Health is working to manage COVID-19 cases and contacts. Your child has been identified as a close contact of someone diagnosed with COVID-19.

Your child is required to self-isolate and monitor for any COVID-19 symptoms until end of day on **insert date**. This is 14 days after their last contact with the person who tested positive for COVID-19.

If your child does not have symptoms:

If your child does not have symptoms, we recommend that you book an appointment for COVID-19 testing at an assessment centre on or after **(insert date that is 7 days post exposure here)**. Refer to the “*Getting Tested*” section below.

Please visit our website for more information on how to [self-isolate](#) and how to [self-monitor](#).

Other people living in your house must also stay home as much as possible during your child’s self-isolation period. Household members are not in “self-isolation”, but should only leave the home for essential reasons, such as to attend school, child care, work, medical appointments, or for grocery shopping.

If your child has symptoms:

COVID-19 is a viral illness that can cause symptoms like a cold or flu including:

- Fever
- New or worsening cough
- Difficulty breathing
- Sore throat
- Loss of taste or smell
- Headaches
- Runny nose or nasal congestion
- Muscle aches
- Tiredness
- Vomiting, diarrhea, nausea

If your child is showing symptoms of COVID-19, we recommend that you book an appointment for COVID-19 testing at an assessment centre as soon as possible and call 1-800-265-7293 ext 4000 to notify public health of symptoms. Refer to the “*Getting Tested*” section below.

If your child is symptomatic and awaiting test results everyone in your household must also [self-isolate](#) until your child’s test results come back. If the result is negative, your child is still required to isolate until the date above. However, any household members can stop isolating but should only leave the home for essential reasons such as to attend school, child care, work, medical appointments, or for grocery shopping).

To reduce the risk of potential COVID-19 exposure to other people, your child should follow these guidelines:

Stay home

- Do not return to school
- Do not go outside, unless on to a private balcony or private enclosed yard where they can avoid contact with others
- Do not use public transportation such as buses, taxis or ride-shares

Avoid contact with others

- Only essential visitors, such as care providers
- Avoid close contact with anyone who has higher risk for serious illness
 - Examples: medical conditions; compromised immune system; or older adults
- Limit interactions with household members as much as possible
 - Isolate in a separate room and use a separate washroom if they can
 - Disinfect shared common spaces after each use, such as the kitchen
- Make sure that shared rooms have good airflow (open windows for periods of time)

Keep a distance

- Have your child keep a distance of at least 2 metres (6 feet) and wear a face covering when in a room with other people, including your household members
- If your child cannot wear a face covering, the other people around your child should wear a face covering when in the same room with your child

Wash hands

- Wash hands frequently with soap and water
- Dry hands with a paper towel and put in the garbage after use or dry hands with a cloth towel that no one else in your household shares
- Use an alcohol-based hand sanitizer if soap and water are not available

Cover coughs and sneezes

- Have your child cover their mouth and nose with a tissue when they cough and sneeze
- Encourage your child to cough or sneeze into their upper sleeve or elbow, not their hand
- Line your wastebaskets with a plastic bag to make waste disposal easier and safer
- Throw used tissues in those lined wastebaskets and wash hands afterwards
- Wash hands after emptying wastebaskets and lining with new plastic bag

Wear a face covering over nose and mouth

- Your child should wear a face covering if they must leave your house to see a health care provider
- Your child should wear a face covering when they cannot maintain physical distance of 2 metres (6 feet)

Other tips for caregivers of children requiring self-isolation:

In some situations, it may not be practical for your child to isolate from the rest of the family. Your child may be too young, frightened, require additional care, or it may not be possible due to the layout or space in your home. Here are some tips to consider:

- Designate one person to be the primary caregiver for your child; This caregiver would then be required to self-isolate for the duration of the same 14-day isolation period as the child and cannot leave for essential reasons;
- Try to keep other family members 2 metres from your child;
- Wear a mask if they are in the same room;
- Ensure good air flow by opening a window if possible when in a shared space;
- Wash hands often with soap and water;
- Do not share personal items like hand towels or dishes; and
- Wipe down frequently touched surfaces like door handles, taps, counters, phones and electronics.

For additional tips on how to support your child during self-isolation or to speak with someone about your specific situation, please contact Public Health.

How long does my child need to self-isolate?

Self-isolation is required for 14 days after the day on which you last had close contact with a person diagnosed with COVID-19, **even if you were tested and receive a negative result.** Self-isolation with children requires some additional flexibility. We have developed a tip sheet to offer some creative ways that you can minimize the spread of COVID-19 and meet your child's needs.

Getting tested

You do not need an Ontario Health Card to get tested for COVID-19 at an assessment centre. Please visit our [website for a list of assessment centres in the WDG Region](https://www.wdgppublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg) (https://www.wdgppublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg). Please note, you will need to book an appointment to get tested.

If you have a green health card, the test results will be available online. Visit the [Ontario COVID-19 website to access your results](https://covid19results.ehealthontario.ca:4443/agree) (https://covid19results.ehealthontario.ca:4443/agree)

When going to an assessment centre, drive your child there if possible. Your child should wear a face covering and sit in the back seat with the windows down. Do not use public transportation or ride share services.

- If your child's test result(s) are negative, your child must continue to complete the 14-day isolation period from the date of last contact with the positive case (e.g., do not return to school).
- If your child's test result is positive, they must continue to self-isolate and WDG Public Health will contact you with further instructions.

When to seek medical attention

If your child develops symptoms or your child's symptoms are worsening, and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your healthcare provider.

If your child needs urgent medical attention, contact 911. **Please inform healthcare workers or 911 that they have been in close contact with a positive case** and have your child wear a face covering, if possible, to limit exposure to medical professionals attending to your child.

If you have any general questions or concerns, please consult with WDG Public Health website: <https://www.wdgpUBLICHEALTH.ca/>

If your child develops symptoms, you can reach WDG Public Health at: **1-800-265-7293 ext. 4000.**