

April 19, 2021

Tips for caregivers of children dismissed from school or child care as high-risk contacts and 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.

Child and caregiver that are self-isolating together:

- Limit interactions with other household members as much as possible
 - Use a separate washroom, if possible
 - Eat meals apart from others in the home
 - Disinfect shared common spaces after each use, such as the kitchen and washroom
- Stay 2 metres apart from others in the home and wear a face covering when in a room with others
- Make sure that shared rooms have good airflow (open windows for periods of time)
- Refer to the high-risk contact letter about recommendations for when to go for COVID-19 testing

Other children in the household:

- To reduce the risk of spreading the virus to others, stay separated from the isolating individual(s) as much as possible.
- Do not see or play with people who do not live in the house
- As long as isolating child does not have symptoms and is able to follow guidance in the above section, other children in the home can still go to school/child care
- If the isolating child has symptoms, other children in the home must also self-isolate until test results return for the child

Adults in the household:

- To reduce the risk of spreading the virus to others, choose one adult caregiver for the isolating child and follow the guidance above as that caregiver isolates with the child. This caregiver cannot go to work or leave the house for essential reasons until the isolation period is over
- As long as isolating child does not have symptoms and is able to follow guidance in the above section, other adults in the home can still go to work and out for other essential needs
- If the isolating child has symptoms, other adults in the home must also self-isolate until test results return for the child

If anyone at home develops symptoms or tests positive for COVID-19, all household members must self-isolate and should go for COVID-19 testing. Do not go to school or work to avoid the risk of spreading COVID-19.

Refer to Public Health Ontario's [How To Care For a Child Who Needs to Self-Isolate](#) resource for more information.

For local mental health supports and phone lines please visit the Public Health [website](#) and your school websites.