



WHAT DO I DO IF I HAVE ANY COVID-19 SYMPTOMS?*

UPDATED Guidance on Testing and Isolation. Oct 6th, 2020

SYMPTOMATIC CHILD



1.

A child with a **MAJOR** symptom (fever, cough, shortness of breath, decrease or loss of taste or smell) **must self-isolate AND get tested.**

2.

A child with just one **MINOR** symptom (runny nose, sore throat, headache, nausea, vomiting, diarrhea, fatigue) **must stay home** for at least **24 hours to monitor symptoms.** If the symptoms improve, they can return to school/daycare. **No COVID-19 test is required.**

3.

A child with a **MAJOR** symptom or multiple **MINOR** symptoms can **ONLY** go back to school/daycare when they receive a **negative test** result **AND** it has been **24 hours** since symptoms started improving **AND** they **have not had a fever** (without medication) for **24 hours.**



HOUSEHOLD MEMBERS



1.

Household members must self-monitor for any symptoms but do not need testing if they do not have symptoms.

2.

Household members can continue to attend school and work with careful attention to **physical distancing, masking** and **hand-washing** rules.



Adults with any symptoms **must self-isolate and get tested.** They can **ONLY** go back to work when they receive a **negative test** result **AND** it has been **24 hours** since symptoms started improving **AND** they have not had a fever (without medication) for **24 hours.**



If a child with **MAJOR** symptoms(s) **OR multiple minor symptoms OR an adult with any symptoms** does not get tested, they **must self-isolate for 14 days** from the onset of symptoms.



If you are concerned about your symptoms and/or your child's symptoms please call your family physician **first.** If you do not have a family physician or cannot access your family physician, call **VTAC** at **1-844-727-6404** to schedule a telephone appointment. If you are worried that you or your child is seriously ill, **call 911** or go to the nearest **Emergency Department.**



A doctor's note IS NOT required for return to work/school/daycare, **once the above criteria have been met.**

*The most up to date information can be found online at **RCDHU.COM**