

# Can my child go to school or return to regular activities?

COVID-19 guidance for children six years and older. 09/29/20

**Talk to your child every day to see if they have any new or worsening symptoms.**

If your child has mild symptoms, they still need to self-isolate at home, but you can keep them at home for 24 hours to see if they get better or if new symptoms start.

**Pre-existing conditions don't apply.** For example, a child with asthma may have a cough, and some children get frequent runny noses during cold weather. You might want to talk to your child's teacher about what is normal for them.

## RED symptoms

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell

## YELLOW symptoms

- Headache
- Runny nose or congestion
- Sore throat
- Nausea/vomiting or diarrhea
- Acute/intense fatigue
- Generalized muscle aches (not related to physical exertion)
- Significant loss of appetite



If your child has **one or more RED** symptoms, **testing is STRONGLY recommended. They must NOT attend school or take part in other activities until tested and the result is negative.**

If you don't have your child tested:

They must self-isolate for 10 days from the beginning of symptoms, even if the symptoms clear up sooner than 10 days.



If your child has **two or more YELLOW** symptoms for more than 24 hours, **testing is recommended.**

**Your child must NOT attend school or take part in other activities until you get their test results from your health care provider.**

If you don't have your child tested:

If symptoms clear up sooner than 10 days without testing, self isolation is still required unless you are told otherwise by your family physician or your rural primary health care provider.



If your child has **only one YELLOW** symptom they **can return to school or regular activities when symptoms go away.**

**Exceptions:** If your child is **throwing up or has diarrhea**, keep him/her at home until 24 hours after symptoms have gone away.

If **runny nose/nasal congestion** lasts longer than 24 hours, is mild and not getting worse, and the child is otherwise well, they may resume regular activities including attending school or work.

**You don't need a written note from your health care provider for your child to return to school or regular activities.**

**Your child has NO symptoms.**

**Your child can go to school or return to regular activities.**

**Continue to encourage them to follow the Safe 6.**

**This guidance DOES NOT apply if:**

- Your child is a contact of someone who has COVID-19.
- Your child is severely immunocompromised or has a complex medical history.
- Your child recently returned from travel outside Yukon.