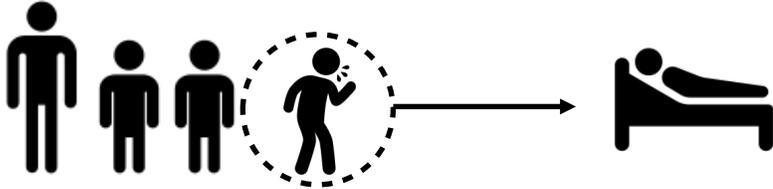


Managing COVID-19 Symptoms at School

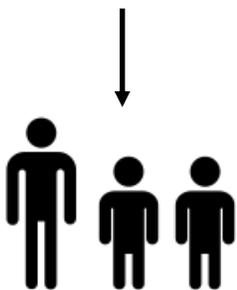


Does a student/teacher in your class/cohort have **symptoms** that could be COVID-19? Take the online self-assessment at bc.thrive.health/covid19.

Symptoms of COVID-19 include cough, fever above 38°C (100.4°F), fatigue, sinus congestion, trouble breathing, muscle aches, sore throat, headache, chills, nausea or vomiting, and diarrhea.

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children and often presents with low-grade fever, dry cough, and stomach upset/diarrhea.

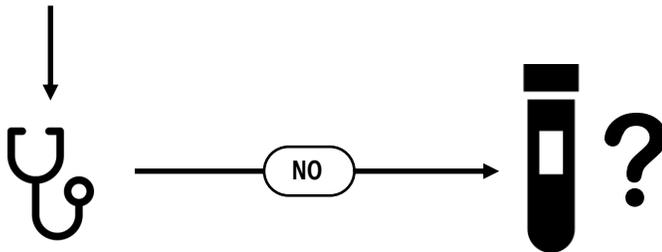
Less common symptoms of COVID-19 infection include stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, and skin rashes or discolouration of fingers or toes.



Students and teachers without symptoms should:

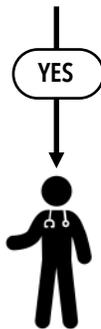
1. Continue to go to work/school.
2. Monitor closely for symptoms.
3. **Only** get tested if symptoms develop.
4. Limit social contacts until outstanding tests are negative: work/school and necessary errands only.

They **must** stay home/go home



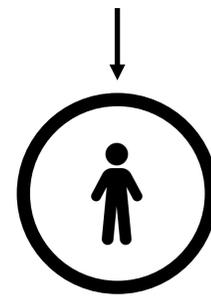
Is there an underlying chronic condition that could be causing this, such as asthma or allergies?

Call Island Health to book them a COVID-19 test: **1-844-901-8442** (daily 8:30 am-8:00 pm). Watch a video from BCCH of a child getting a COVID-19 test at cutt.ly/COVID-test.

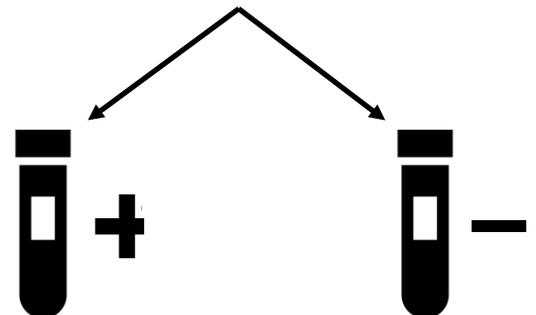


Contact your Family Doctor, Nurse Practitioner, or visit a Walk In Clinic (see a list at pathwaysbcvirtualcare.ca) for advice on whether to

- **Return to School,**
- **Get Tested,** or
- **Isolate.**

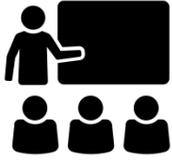


Self-isolate while waiting for test results. If you decide not to test, isolation must be for at least 10 days from start of symptoms, until they are resolved. See *self-isolating at home*.

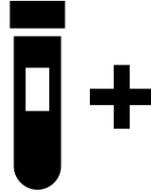


1. **If positive**, individuals should **self isolate**. See *Self-Isolating at Home*.
2. All household members must isolate for 14 days from last exposure to the positive individual. See *Self-Isolating at Home*.
3. Public Health will perform contact tracing.

If negative, it is still recommended to keep individuals with symptoms at home until they improve.



Managing COVID-19 Exposures at School



Does someone in your child's class/cohort have a **positive** COVID-19 test?



Public Health will contact you with instructions. In the meantime, carry on as normal:

- If your child does **not** have symptoms, they can still attend school.
- If they **do** have new symptoms, they should isolate. See *self-isolating at home*.



Self-isolate while waiting for test results. If you decide not to test, isolation must be for 14 days from last exposure. See *self-isolating at home*.

HIGH



Public Health will determine your risk level.

LOW



Students and teachers without symptoms should:

1. Continue to go to work/school.
2. Monitor closely for symptoms.
3. **Only** get tested if directed by Public Health.
4. If symptoms develop, immediately go home, self-isolate and call your Family Doctor/Public Health.