COVID-19 Symptoms, Testing & Return to School

Students or staff members experiencing symptoms are to stay home and seek guidance

(using the K-12 Health Check, 8-1-1 or your health care provider)

Symptoms of COVID-19 include:

Loss of appetite Fever or chills

Extreme fatigue or tiredness Sore throat

Headache Cough Body aches Loss of sense of smell or taste

Nausea or vomiting Difficulty breathing

Diarrhea

Go to an emergency department or call 911 if you:

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have MILD SYMPTOMS

(or have mild symptoms and tested negative) STAY HOME

For most people, testing is not recommended.

Mild symptoms are symptoms that can be managed at home.

If you TEST POSITIVE

SELF-ISOLATE

- 1. Complete an online form to report your test result
- 2. Manage your own symptoms
- 3. Let your household contacts know

Return to School/ Work

Stay home until you feel well enough to return to your regular activities.

Ending Isolation Return to School/Work

You can end isolation when all three of these conditions are met:

- 1. At least **5 days** have passed since your symptoms started, or from test date if you did not have symptoms, whichever is longer.
- 2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3. Symptoms have improved.

If you still have symptoms

Continue to isolate longer if you have a fever or are not feeling better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

Information for Travelers

If you are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: travel.gc.ca/travel-covid



