

COVID-19 symptoms and testing: Can your child go to school or return to regular activities?

This guidance is for children 6 years and older who have completed a COVID-19 immunization series 14 days before they show any symptoms.

This guidance does not apply if your child is severely immunocompromised or has a complex medical history

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

COVID-19 is a vaccine preventable disease. People who have received the vaccination are less likely to become sick from the COVID-19 virus.



RED symptoms

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

YELLOW symptoms

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

Your child has NO symptoms

Your child can go to school and return to regular activities.

Continue to encourage them to follow the [Safe 6](#).

If your child has **one or more RED** symptoms, **get your child tested.**

If you have ANY symptoms and are part of a cluster or notification asking you to self-monitor, testing is strongly recommended for any symptom listed.

Your child should self-isolate and cannot attend school or take part in regular activities until they've been tested and the result is negative. Phone the [COVID-19 Testing Centre at 867-393-3083](#) or [your local health centre to book a test](#).

If you do not get your child tested: If their symptoms go away sooner than 10 days without testing, self-isolation is still recommended unless your healthcare provider tells you otherwise.

When your child has **one or more YELLOW** symptoms and is not part of a cluster or notification, your child can return to regular activities and can return to school once the symptom goes away.

Exceptions: If your child is throwing up or has diarrhea, keep them at home until 24 hours after symptoms have gone away. You do not need a written note from your health care provider for your child to return to school and regular activities.