

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

For immunized children 5 years and older

This guidance is for children 5 years and older who have completed a 2-dose 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 plus 1](#).

If your child has **1 or more RED** symptoms, **your child should self-isolate**.

Your child should **self-isolate** and cannot attend school or take part in regular activities until one of the following:

1. They've been tested, the result is negative and your child feels better. This may be a [lab test](#) or a [at-home test](#) depending on your child's medical history. Please follow the [at-home test guidance](#) closely.
2. 7 or 10 days have passed since the symptoms began, your child feels better and only had mild or moderate illness. Whether they need to wait for 7 or 10 days for their symptoms to have passed is based on their COVID-19 immunization and is their infectious period:
 - For **7 days**, their COVID-19 immunization needs to be up to date. This means they've received:
 - 2 doses of vaccine with the last dose less than 6 months ago; or
 - 3 doses of vaccine (2 doses and your booster dose).
 - For **10 days**:
 - if they had 2 doses of COVID-19 vaccine but the last dose was more than 6 months ago.
 - if they did not complete a full immunization series against COVID-19.

If the self-isolation period has passed, your child feels better and does not have a fever (without taking medicine that reduces fevers) they can return to school and regular activities. This includes all medications that decrease symptoms, including Tylenol or Ibuprofen.

When your child has **1 or more YELLOW** symptoms, your child can return to regular activities and can return to school once the symptom goes away.

Exceptions: If your child has tested positive within the past 45 days, your child does not need to self-isolate or be tested. Once your child feels better, they can return to school and regular activities. If your child is throwing up or has diarrhea, keep them at home until 24 hours after symptoms have gone away. If their runny nose or nasal congestion lasts longer than 24 hours, is mild and not getting worse, and the child is otherwise well, they may return to school. You do not need a written note from your health care provider for your child to return to school and regular activities.

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