

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

For children aged 6 months to 4 years old

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

Observe and/or talk to your child every day to see if they have any new or worsening symptoms.

COVID-19 is a vaccine preventable disease, but the vaccine is not yet available for younger children.

The best way to protect children who cannot be immunized yet is to have the adults and caregivers around them fully immunized. People who are unvaccinated are more 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
- Nausea, vomiting or diarrhea
- Fatigue or just unwell (acute/intense fatigue, generalized muscle aches not related to physical exertion, significant loss of appetite)

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 or 2 or more YELLOW 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 can be a [lab test](#) or an [at-home test](#) depending on your child's medical history. Please follow the [at-home test guidance](#) closely.
2. 10 days have passed since the symptom began, your child feels better, only had mild or moderate illness and does not have a fever (without taking medicine that reduces fevers). This includes all medications that decrease symptoms, including Tylenol or Ibuprofen. Your child may not return if their symptoms go away earlier. They must wait the 10 days.

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 their 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.