

CHILDREN AND COVID-19

STAY ALERT TO KEEP THE VIRUS FROM SPREADING

If your child (6 months or older) shows one or more of the symptoms listed below, it is recommended that they stay home and avoid contact with other people.

If your child is between 6 months and 5 years old, re-evaluate the situation after **24 hours** to see if there is any change in their symptoms.

You are encouraged to use the **self-assessment tool** available on [Quebec.ca/decisioncovid19](https://quebec.ca/decisioncovid19) (immediately for children aged 6 to 17 years; after the 24-hour observation period for children aged 6 months to 5 years) or call **1-877-644-4545** and follow the guidelines provided to see if your child must be tested or if they can return to their childcare centre or school. If your child must be tested, every person living under the same roof must also self-isolate, even if they are not experiencing any symptoms, at least until the results of the test are obtained, and then follow the guidelines that are provided at that time.



Fever

Children **ages 5 and under:**

- **Rectal** temperature of 38.5°C (101.3°F) or higher

Children **ages 6 and older:**

- **Oral** temperature of 38.1°C (100.6°F) or higher



General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)
- Headaches (6 to 17 years old only)



Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat



Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches

Do not send your child to school, school daycare or educational childcare centre if:

- your child has been instructed to self-isolate at home
- your child has been instructed to quarantine following travel outside Canada
- you believe that your child may have COVID-19, in which case you should contact 1-877-644-4545 and follow the guidelines provided

After following the instructions provided, and if the child does not have COVID-19, the standard health criteria for attendance at educational childcare centres, schools and school daycares apply. Therefore, children who are generally in good health (i.e. able to engage in their regular activities) can attend their educational childcare centre, school or school daycare (in particular, children with colds are permitted to attend).