Child Care and School Follow Up Instructions for CHILDREN, STUDENTS and STAFF tested for COVID-19

Kingston Health Sciences Centre

Revised
September 15, 2021

Fully immunized
refers to individuals who have completed a full COVID-19 vaccine series more than 14 days ago.

Not fully immunized
refers to individuals who have not received any doses of a COVID-19 vaccine, have received the first dose of a vaccine that requires 2 doses, or have completed their vaccine series within the last 14 days.

A child/student/staff has symptoms and has NOT been exposed to someone with COVID-19 and has NOT travelled outside of Canada:

- The child/student/staff must self-isolate while waiting for their COVID-19 test results, **regardless of immunization status**.
- If their COVID-19 test is negative, they may stop self-isolating and can return to school/child care once they do not have a fever (without using medication) AND it has been 24 hours since their symptoms started to improve (48 hours since last episode of vomiting or diarrhea) and they feel well enough to attend.
- Continue to monitor for new or worsening symptoms and complete the daily school and child care screening.
- **Household members who are NOT fully immunized** must isolate and can NOT attend child care, school, or work until the child/student/staff with symptoms gets a negative test result.
- **Household members who are fully immunized** and symptom-free are not required to isolate and can attend child care, school, or work.

A child/student/staff has been identified as a close contact of someone with COVID-19:

- Follow specific guidance provided by KFL&A Public Health through phone calls or via school/childcare.
- If the **child/student/staff is NOT fully immunized**, they must self-isolate for 10 days from the last day they were exposed to the person with COVID-19, even if their test result is negative.
- If the **child/student/staff is fully immunized**, they are (usually) not required to isolate but should monitor for symptoms for 10 days from their last exposure to the person who has COVID-19. If they have or develop symptoms, they must self-isolate until they get a negative test result and are fever free (without using medication) AND it has been 24 hours since their symptoms started to improve (48 hours since last episode of vomiting or diarrhea).
- **Household members who are NOT fully immunized** are required to isolate if anyone they live with develops symptoms. This means they can NOT attend child care, school or work, until the symptomatic person receives a negative test result from after their symptoms started. **If the close contact does not have symptoms and is NOT fully immunized**, **household members who are NOT fully immunized** should stay home except for essential reasons (which includes child care, school, or work).
- **Household members who are fully immunized** and symptom-free are not required to isolate and can attend child care, school, or work.
- KFL&A Public Health will be in contact to discuss isolation requirements and a return to school/child care plan.

If a child/student/staff tests positive for COVID-19:

- The child/student/staff must continue to self-isolate and wait for contact from KFL&A Public Health.
- **Household members who are NOT fully immunized** or who have symptoms are required to self-isolate.
- Inform their school/child care that the child/student/staff has tested positive for COVID-19.

Individuals who have travelled out of the country are required to follow federal guidelines and law upon their return.

All individuals should continue to physically distance from others, wear a mask when physical distancing is not possible, wash hands often, continue to self-monitor, and get tested (re-tested) for COVID-19 if symptoms develop.

Next Steps

How to get COVID-19 test results

- Test result should be available within a few days.
- Visit **covid-19.ontario.ca** and click on "check your results".
- If you are unable to access the results, please contact your family physician.
- If you do not have a family physician, please e-mail covid19assessmentcentre@kingstonhsc.ca or call the confidential voicemail line at 613-544-3400 dial 1 and extension 4204.

What does a negative COVID-19 test result mean?

- A negative COVID-19 test means the child/student did not have detectable virus at the time their sample was collected. This does not necessarily mean they haven't been exposed to COVID-19 and will not get sick with COVID-19 after the test was done.
- This is not an antibody test to determine if the child/student had COVID-19 in the past.

More about COVID-19

- Getting fully immunized is the best way to protect yourself, family, loved ones, and the community from COVID-19.
- Some people can be infected with COVID-19 and have no symptoms.
- Many people infected with COVID-19 will only experience mild symptoms. Those that have chronic diseases like diabetes, heart or lung disease, or those 70 years of age or older, are at greater risk for more severe illness.
- If someone tests positive (even without symptoms), they are still considered infectious and can pass the virus on to others until they have been cleared by KFL&A Public Health.
- It is important to continue to monitor symptoms. If symptoms are worsening, contact Telehealth Ontario at 1-866-797-0000 or a health care provider.
- If urgent medical attention is needed, for example chest pain, shortness of breath, or difficulty breathing, call 9-1-1 and tell them about COVID-19 test results or contacts.

For more information:

KFL&A Public Health
613-549-1232
kflaph.ca

Kingston Health Sciences Centre
kingstonhsc.ca/covid19

Ontario Ministry of Health
covid-19.ontario.ca

Public Health Ontario
publichealthontario.ca

Public Health Agency of Canada
canada.ca/publichealth

You **can book an appointment** for the Kingston COVID-19 Assessment Centre at Beechgrove Complex:

1. Online Booking:
kingstonhsc.ca/covid19

2. Booking by Phone:
Please call 613-548-2376. Note that phones will be answered daily from 9:30 a.m. to 12:00 p.m. and 1:00 p.m. to 3:30 p.m.

Centre Hours:
9 a.m. to 4 p.m.
7 days a week

KFL&A
Public Health

Kingston Health
Sciences Centre
Centre des sciences de
la santé de Kingston

Hôpital
Hôtel Dieu
Hospital

KGH Hôpital Général de
Kingston General
Hospital