

WHAT TO DO WHEN A STUDENT IS UNWELL

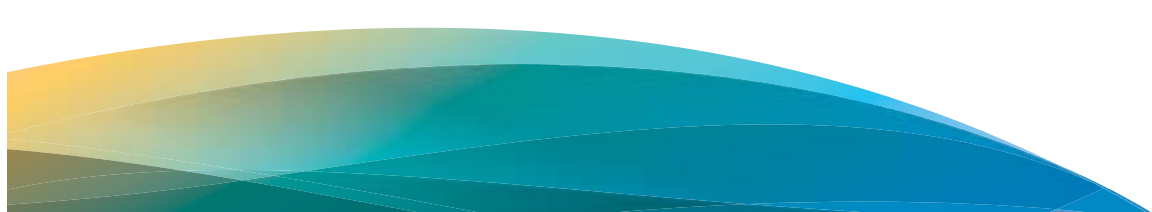
Last updated: October 8, 2020

Every student needs to be screened daily before going to school, using the Ontario School Screening Tool at: <https://covid-19.ontario.ca/school-screening>. The tool will guide whether or not the student can go to school that day and will provide next steps.

When a student is unwell

If you notice that the student has new or worsening symptoms, what you do depends on the symptom and how usual they are for the student. Use the following table to help guide your next steps:

Symptoms	Instructions
<p>If the student has ONE new or worsening symptom (that is not related to a known cause or condition) that include:</p> <ul style="list-style-type: none"> Sore throat Stuffy nose/runny nose Headache Nausea/vomiting/diarrhea Fatigue/lethargy/muscle aches/malaise 	<p>Stay home for 24 hours to see if the symptom gets better or worse.</p> <p>Return to School If symptoms are improving, student can return to school when well enough to do so without a COVID-19 test if they pass the Ontario School Screening Tool.</p> <p>If the symptom gets worse, or new symptoms appear, follow instructions in box below.</p>
<p>If the student has ONE new or worsening symptom that include:</p> <ul style="list-style-type: none"> Fever/chills Cough Shortness of breath Decreased or loss of smell or taste <p>OR</p> <p>If the student has TWO or MORE new or worsening symptoms (that are not related to a known cause or condition) that include:</p> <ul style="list-style-type: none"> Sore throat Stuffy nose/runny nose Headache Nausea/vomiting/diarrhea Fatigue/lethargy/muscle aches/malaise 	<p>The student should isolate immediately and consider getting tested for COVID-19 OR talk with a doctor/health care provider to get assessed.</p> <p>Return to School: No test: If you choose not to test the student, they must self-isolate for 10 days from the date their symptom(s) first appear. They may return to school after 10 days if they do not have a fever (without taking medication), and their symptoms are improving for 24 hours.</p> <p>If student gets an alternate diagnosis from a health care provider, they can return to school 24 hours after symptoms improve or as directed by the health care provider.</p> <p>Negative test: If the student receives a negative test result (they do not have COVID-19), they can return to school if all of the following apply:</p> <ul style="list-style-type: none"> They do not have a fever (without using medication) It has been at least 24 hours since their symptoms started improving They have not been told by public health to self-isolate <p>Positive test: If the student receives a positive test result (they have COVID-19):</p> <ul style="list-style-type: none"> NWHU will contact the student/caregiver directly. The student must continue to self-isolate. The student can return to school only when cleared by NWHU. NWHU will also contact the school.
<p>A medical note or proof of test is not needed to return to school.</p>	



**Northwestern
Health Unit**

www.nwhu.on.ca

How can I get tested? If the student has symptoms of COVID-19, visit <https://www.nwhu.on.ca/covid19/Pages/self-assessment.aspx> to find testing information for your community. Anyone tested must self-isolate while waiting for test results and cannot attend school in person. Test results may take 5-10 days to receive.

What if the student was sent home, but their symptoms are normal for them due to a chronic condition like allergies? Complete the screening tool online, and the student may attend school if they pass the screen. You should talk with the school so they know about chronic conditions that may seem like COVID-19 symptoms.

What if I think it is just a common cold? If a student has symptoms of a cold or the flu, then COVID-19 testing is recommended. A doctor or nurse practitioner won't be able to determine whether a student has COVID-19 without a test.

My student has a runny nose, what should I do? If the student's only symptom is a runny nose, you should keep them home and monitor their symptoms. When they feel better, they are ready to go back to school and no COVID-19 testing is needed. If they get worse or develop other symptoms, you should consider getting them tested. Mild symptoms known to persist in young children (e.g., runny nose) may be ongoing at time of return to school if other symptoms have been resolved.

If my student is unwell, do other household members also need to isolate while waiting for test results, or can siblings attend school and parents go to work? Currently the risk of COVID-19 is low in the region. Parents and siblings can attend school and go to work as long as they do not have symptoms of COVID-19 and they have not been directed to isolate by NWHU.

If you have questions, please call the NWHU COVID-19 Hotline at 1-866-468-2240.