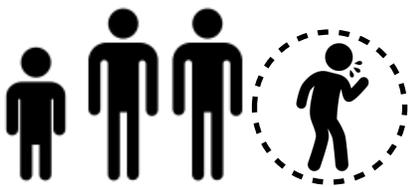


# Managing COVID-19 Symptoms at Home

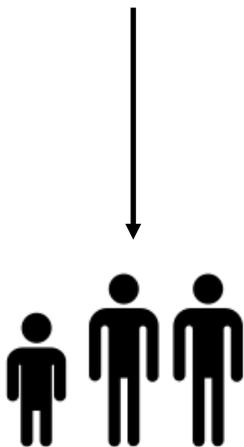


Does a student/teacher in your class/cohort have symptoms that could be COVID-19? Take the online self-assessment at [bc.thrive.health/covid19](https://bc.thrive.health/covid19).

*Symptoms of COVID-19 include cough, fever above 38°C (100.4°F), fatigue, sinus congestion, trouble breathing, muscle aches, sore throat, headache, chills, nausea or vomiting, and diarrhea.*

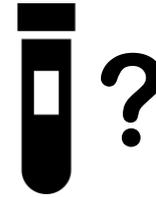
*Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children and often presents with low-grade fever, dry cough, and stomach upset/diarrhea.*

*Less common symptoms of COVID-19 infection include stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, and skin rashes or discolouration of fingers or toes.*



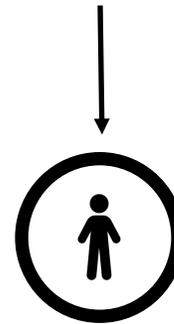
Household members without symptoms should:

1. Continue to go to work/school.
2. Monitor closely for symptoms.
3. Only get tested if symptoms develop.
4. Limit social contacts until all family tests are negative: work/school and necessary errands only.

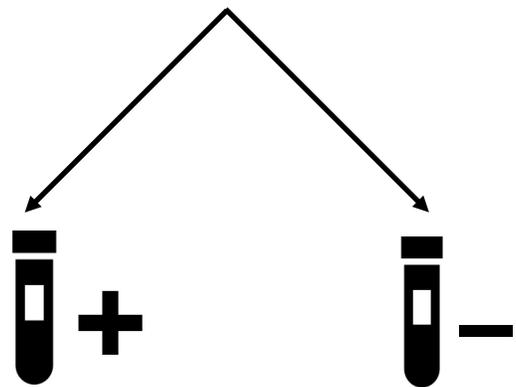


Call your health authority to book a COVID-19 test.

Watch a video from BCCH of a child getting a COVID-19 test at [cutt.ly/COVID-test](https://cutt.ly/COVID-test).



Self-isolate while waiting for test results. If you decide not to test, isolation must be for at least 10 days from the start of symptoms, until they are resolved. See *Self-Isolating at Home*.



1. If positive, individuals should self-isolate. See *Self-Isolating at Home*.
2. All household members must isolate for 14 days from last exposure to the positive individual. See *Self-Isolating at Home*.
3. Public Health will perform contact tracing.

If negative, it is still recommended to keep individuals with symptoms at home until they improve.



## Self-Isolating at Home



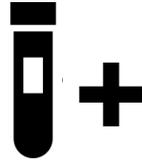
Were you exposed to someone with a positive COVID-19 test AND told by Public Health to isolate?



You must self-isolate for 14 days from when you were last exposed.

If you develop symptoms and receive a positive test, your self-isolation period is 14 days from when you were last exposed.

If your symptoms last longer than the 14 days since last exposure, you must remain self-isolated for at least 10 days after symptoms develop.



Do you have a positive COVID-19 test result?



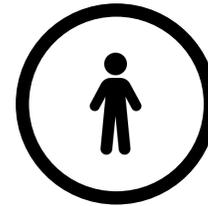
You must self-isolate for 10 days from the start of symptoms. If you do not have any symptoms, you must self-isolate for 14 days.

At the end of the 10 days:

- any fever must be gone (without the use of medications such as Tylenol, Advil or Aspirin), and
- you must be feeling better. If not, you must continue to self-isolate.



Have you returned from outside of Canada?



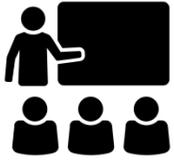
You must self-isolate for at least 14 days from when you returned to Canada.

If you develop symptoms and receive a positive test, your self-isolation period is 14 days from when you were last exposed.

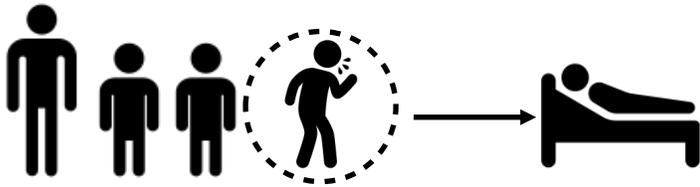
If your symptoms last longer than the 14 days since you returned to Canada, you must remain self-isolated for at least 10 days after symptoms develop.



Learn more about isolating at home at [cutt.ly/self-isolate](https://cutt.ly/self-isolate). If the isolating individual is a child, if possible, only one care provider should look after them and should minimize contact with the rest of the household. Learn more at [cutt.ly/care-giver](https://cutt.ly/care-giver).



# Managing COVID-19 Symptoms at School

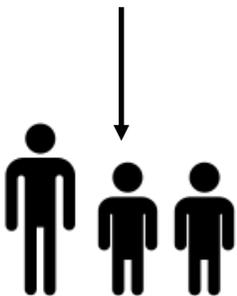


Does a student/teacher in your class/cohort have symptoms that could be COVID-19? Take the online self-assessment at [bc.thrive.health/covid19](https://bc.thrive.health/covid19).

Symptoms of COVID-19 include cough, fever above 38°C (100.4°F), fatigue, sinus congestion, trouble breathing, muscle aches, sore throat, headache, chills, nausea or vomiting, and diarrhea.

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children and often presents with low-grade fever, dry cough, and stomach upset/diarrhea.

Less common symptoms of COVID-19 infection include stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, and skin rashes or discoloration of fingers or toes.



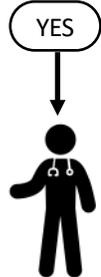
Students and teachers without symptoms should:

1. Continue to go to work/school.
2. Monitor closely for symptoms.
3. Only get tested if symptoms develop.
4. Limit social contacts until outstanding tests are negative: work/school and necessary errands only.

They must stay home/go home



Is there an underlying chronic condition that could be causing this, such as asthma or allergies?



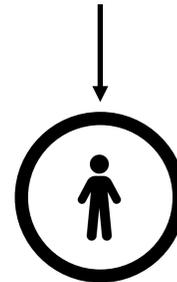
Contact your Family Doctor, Nurse Practitioner, or visit a Walk In Clinic (see a list at [pathwaysbcvirtualcare.ca](https://pathwaysbcvirtualcare.ca)) for advice on whether to

- Return to School,
- Get Tested, or
- Isolate.

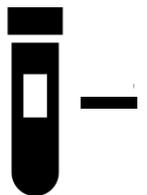
NO



Call Island Health to book them a COVID-19 test: 1-844-901-8442 (daily 8:30 am-8:00 pm). Watch a video from BCCH of a child getting a test at [cutt.ly/COVID-test](https://cutt.ly/COVID-test).



Self-isolate while waiting for test results. If you decide not to test, isolation must be for at least 10 days from start of symptoms, until they are resolved. See *self-isolating at home*.

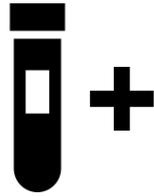


1. If positive, individuals should self-isolate. See *Self-Isolating at Home*.
2. All household members must isolate for 14 days from last exposure to the positive individual. See *Self-Isolating at Home*.
3. Public Health will perform contact tracing.

If negative, it is still recommended to keep individuals with symptoms at home until they improve.



# Managing COVID-19 Exposures at School



Does someone in your child's class/cohort have a positive COVID-19 test?



Public Health will contact you with instructions.  
In the meantime, carry on as normal:

- If your child does not have symptoms, they can still attend school.
- If they do have new symptoms, they should isolate. See *self-isolating at home*.



Self-isolate while waiting for test results.  
If you decide not to test, isolation must be for 14 days from last exposure.  
See *self-isolating at home*.

HIGH



Public Health will determine your risk level.

LOW



Students and teachers without symptoms should:

1. Continue to go to work/school.
2. Monitor closely for symptoms.
3. Only get tested if directed by Public Health.
4. If symptoms develop, immediately go home, self-isolate and call your Family Doctor/Public Health.