

(Add date)

**Subject: Your child presented with symptoms consistent with COVID-19 at school**

Dear Parent or Guardian,

During the school day, your child presented with symptoms consistent with COVID-19. As a precaution, your child was separated from other children and supervised by a staff member until you were able to bring them home. This action was carefully explained to your child.

As part of the Ministry of Health guidance, parents or guardians are contacted to bring their child home from school when they present with COVID-19 symptoms during the school day. Also, as a precaution, siblings or other household members who attend the same school or another school are required to go home and self-isolate.

Ottawa Public Health's recommendations for testing and duration of isolation depends on which symptoms your child has.

**Ottawa Public Health (OPH) advises that you take your child for COVID-19 testing if your child has:**

- Any one symptom of fever, chills, new cough, shortness of breath or loss of taste or smell
- OR Any two symptoms of sore throat, stuffy or runny nose, headache, nausea, vomiting or diarrhea, or general feeling of being unwell

Testing can be done by appointment at a COVID-19 [Assessment Centre, Care Clinic, or Drive-Thru](#) which are run by our local hospital partners. (Please note that the Drive-Thru location will not test children under the age of 14). Staff at the testing centre may be able to advise you on how long it is taking for laboratory results to be received at this time.

Your child **must remain in isolation at home while waiting for the results of a COVID-19 test** and cannot attend school in person. Siblings and other [close contacts](#), such as people living in the same household, are **also required to isolate at home while waiting for your child's test results**.

If your child does not get tested, your child may only return to school after a **minimum of 10 days**, if they do not have a fever, and their symptoms have been improving for 24 hours. Household members must isolate for 14 days from initial contact with the ill child.

If your child tests negative for COVID-19, your child may return to school 24 hours after symptoms have resolved without the use of fever-reducing medication, or 48 hours for symptoms of vomiting or diarrhea. Household members can immediately stop self-isolation and go to school and work if they are symptom-free.

Ottawa Public Health (OPH) advises that your child isolate and observe for further symptoms, if your child has any one symptom of sore throat, stuffy or runny nose, headache, nausea, vomiting or diarrhea or general feeling of being unwell.

If no further symptoms develop, your child may return to school/ childcare without COVID-19 testing, and asymptomatic household contacts can end their self-isolation, when:

- It has been 24 hours, and your child's symptoms of sore throat, stuffy or runny nose, headache, or general feeling of being unwell are improving. OR
- It has been 48 hours, and your child's symptoms of nausea, vomiting or diarrhea are improving.

If your child tests **positive for COVID-19**, OPH will receive the results directly from the lab and will contact you to provide further direction and guidance. **You do not need to call OPH or the school - OPH will call you.**

**For more information:**

Please visit the OPH website for information on COVID-19 [symptoms](#), [self-monitoring](#), [self-isolation](#) and [testing](#).

If you have any further questions you can call our Ottawa Public Health Information Centre at (613) 580-6744 to speak to a public health nurse.

Sincerely,

Ottawa Public Health