

What Should I Do If My Child Is Sick?

SICK CHILD

SICK HOUSEHOLD MEMBER

Tested positive

Not tested

Tested negative

Fully vaccinated or recovered from COVID in the past 6 months

Not fully vaccinated

Fully vaccinated

Isolate for 5 days from the date of positive test

Not vaccinated

Isolate for 10 days

Students can return to school as long as they are asymptomatic.

Fully vaccinated and symptomatic

Isolate for 5 days from the date symptoms started

Not vaccinated

Child must self-isolate for a period of 10 days from onset of symptoms and be symptom-free for 24 hours before returning to school.

Be symptom-free for 24 hours before returning to school.

Exempt from isolation if asymptomatic. Individuals should still self-monitor for symptoms of Covid-19 for 14 days following any exposure, and isolate immediately if any develop and get tested.

Self-isolate for 10 days from last exposure. If during the 10-day isolation period, the child tests negative, they must still complete the full self-isolation period.

If you are unsure if your child should stay home or attend school, complete the online [Shared Health Screening Tool](#) or call 1-877-308-9038 to access the screening tool via interactive voice format. For all other health-related questions, please call Health Links - Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

For more information, please see the Manitoba Government [website](#).

When Should I Get Tested?

Testing should be done as soon as possible when symptoms appear.

You should still be tested even if your symptoms are very mild or if they start to improve after 24 hours. It is important to get tested as soon as symptoms appear, as tracing and isolating contacts in a timely manner is important to limiting the spread of COVID-19 in the community.

COVID-19 Symptoms - If you have one symptom listed in column A, OR two or more symptoms listed in column B, you should immediately isolate yourself and use the [online screening tool](#) or call Health Links - Info Santé (204-788-8200 or (toll-free) at 1-888-315-9257) for further instructions, including where to go for testing and/or assessment.

A

- Fever/Chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/difficulty breathing
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

B

- Runny nose
- Muscle aches
- Fatigue
- Pink eye (conjunctivitis)
- Headache
- Skin rash of unknown cause
- Poor feeding if an infant
- Nausea or loss of appetite