



**ATTENTION: The COVID-19 isolation guidelines have been adjusted.**

1. What do I do if my child has symptoms consistent with a respiratory infection?

Pay attention to your child's health and watch for the onset of symptoms such as:

- Fever;
- Coughing;
- Loss of the sense of taste or smell;
- Sore throat;
- Runny nose;
- Nasal congestion.

**1** If your **child** has a **fever** OR is **unable to participate in group activities** without **unusual effort**:

- They must stay at home until the fever is gone;
- They return to school when their health status allows them to participate in group activities.

Doing a [rapid COVID-19 test](#) as soon as the symptoms appear will simply enable you to check whether it is a COVID-19 infection.

**2** If your **child** has a **cough**, a **soar throat**, or **nasal congestion**:

- They must wear a mask until the symptoms are gone.  
(Except for children 5 and under).

2. What can we do to prevent transmission in the community?



**Protect vulnerable people:**

For 10 days following the onset of symptoms:

- **Keep our distance** from others as much as possible;
- **Avoid contact** with **vulnerable people**, such as seniors, immunocompromised people, and those with chronic diseases;
- **Avoid non-essential social events.**



Wash our hands



Keep our distance



Monitor our symptoms



Cough into our elbow



Cover our face



Get vaccinated



Air out our homes well



Apply recognized hygiene measures

For more details, go right to [Steps for limiting the spread of respiratory infectious diseases | Government of Quebec \(quebec.ca\)](#)

3. What should people living in the same household do when a child has symptoms?

**1**



**Monitor their symptoms**

**2**

**Wearing a mask is no longer mandatory** for people living in the same household **AND** who do not have symptoms. If they **develop symptoms** consistent with a respiratory infection, **follow all the instructions above recommended for symptomatic people.**

4. My child has a fever. Is it necessary to go to the emergency room?

**1**

In most cases, **at-home** cares are sufficient for colds, the flu, and gastroenteritis, even for children.

**2**

If in doubt, **contact INFO-SANTÉ 811.**

**3**

To find out what you can do **before going to the emergency room**, see:



[When to go to the emergency room](#)