



# Information for Parents/Caregivers of High-risk Contacts of COVID-19

Your child has been identified as a high-risk contact of a person with COVID-19. This does not mean that they have COVID-19. However, a person could be infected and just not know it yet. It can take up to 14 days after someone was exposed for symptoms to develop.

To reduce the potential spread of illness to others, your child is now required to self-isolate. This means to stay home and avoid contact with others as much as possible.

## Public health support

- All parents/caregivers whose children are high-risk contacts of COVID-19 will be called by a public health liaison who will check in on your child on days 1, 7 and 14 of the isolation period.
- You will be provided more information and be able to ask questions. You will also be told when your child's self-isolation period ends. It may be different from classmates.
- Some public health organizations outside of our area are assisting TBDHU with case and contact management. The call you are expecting from public health could show up on your caller ID as an unknown number or a number from a different region. Please answer the call.

## Self-isolation of household members

- If your child **HAS** or **develops** any symptoms of COVID-19, even if mild, all those in the same home must also self-isolate right away and not leave the home. Everyone should closely monitor their health for any signs of illness.
- If your child **DOES NOT** have any symptoms of COVID-19, household members are asked to only leave the home for essential reasons, such as going to work, getting groceries or picking up medicines. For other children in the home, at this time, TBDHU is asking that they **NOT** attend child care or school or any extra-curricular activities in-person until the risk period is over.
- If your whole household is self-isolating, ask friends or extended family members to pick up groceries or other supplies for you, or arrange for the things you need to be delivered. Have items left at your door so there is no contact with the delivery person.

## Getting tested for COVID-19

- Test results are important to help us to see if and how much the virus is spreading.
- To schedule your child's test, contact the assessment centre nearest you. Appointments are required. In Thunder Bay, contact (807) 935-8100 or book online at <http://bit.ly/tbayschooltesting>. Testing for student cohorts takes place at the Confederation College Assessment Centre on William Street. For information on assessment centres in the district, visit [TBDHU.com/testing\\_info](http://TBDHU.com/testing_info) or call 1-888-294-6630. When you book the test, be sure to indicate what school your child attends, as well as the testing date that was provided to you by the school.
- If your child's test result is negative, the full self-isolation period must still be completed. Please wait until your 14-day phone call with the public health liaison is completed before ending self-isolation.
- If the test result is positive, you will be followed up by a Public Health Nurse from TBDHU.
- If anyone else in the home had any symptoms recently, if they have them now or if any develop, even if they seem very mild, they are strongly encouraged to get tested.

## Instructions for self-isolating

### Stay home and avoid contact with others

- Do not invite friends over. Do not have visitors unless they are essential (i.e. care providers – tell them that your child is a close contact of COVID-19).
- Your child should stay away from older adults and people with chronic medical conditions (i.e. diabetes, lung problems, immune deficiency).
- As much as possible, your child should stay in a separate room. If they are around other people make sure that there is good airflow. Everyone should always keep a distance of at least two metres and wear a mask that covers the nose, mouth and chin without gaps.
- If there is another adult at home, choose one of you to be the main caregiver for your child.
- Children with symptoms of COVID-19 should not go outside. If they do not have symptoms, they may go onto a balcony or into a private enclosed yard. They should stay within 2 metres of the property boundary to avoid close contact with others.

## Protect everyone in the home

### Practice good hand hygiene

- Everyone should wash their hands well and often with soap and water. If these are not available, an alcohol-based hand sanitizer can be used.
- Have your child use paper towel to dry their hands, or a cloth towel that no one else shares.

### Keep your environment clean

- Have your child use a separate bathroom if you have one. If not, disinfect common surfaces after your child has been in there – such as light switches, handles, doorknobs, etc.
- Disinfect other high-touch surfaces in your home including remote controls twice daily.

### Cover coughs and sneezes

- Coach your child to cough or sneeze into a tissue or their elbow, but not their hands. They should throw used tissues into a lined wastebasket and wash their hands right away. Whoever empties that wastebasket should wash their hands right after too.

## Symptoms of COVID-19

COVID-19 can feel like a cold or flu and can cause the following symptoms (new or worsening and not related to known causes or conditions).

- Fever (temp. of 37.8°C/100°F or higher)
- Chills
- Cough
- Shortness of breath
- Sore throat or difficulty swallowing
- Runny, stuffy or congested nose
- Decrease or loss of taste or smell
- Pink eye/conjunctivitis
- Headache, unusual or long lasting
- Digestive issues like nausea/ vomiting, diarrhea, stomach pain
- Muscle aches, unusual or long lasting
- Extreme tiredness that is unusual
- Falling down often (for older people)
- Sluggishness or lack of appetite (for young children and infants)

If anyone has any worsening symptoms, call Telehealth at 1-866-797-0000 or a healthcare provider. For urgent medical help, call 911. Advise care providers that your child is a high-risk contact of COVID-19.

## Where to get more information

- Visit [TBDHU.COM/coronavirus](https://www.tbdhu.com/coronavirus) for more information about COVID-19.
- [TBDHU.COM/closecontactinfo](https://www.tbdhu.com/closecontactinfo) provides information for high-risk contacts.
- Mental health matters too! Understandably, this situation may be stressful for your family. If you are looking for support, visit [TBDHU.com/mentalhealthsupport](https://www.tbdhu.com/mentalhealthsupport) or contact your school board to see what resources they offer. Reaching out for help is a sign of strength, not weakness.
- Your child's school will give you instructions on how your child can participate in learning activities at home if they feel well enough. The school will also inform you of when in-person classes will resume.