

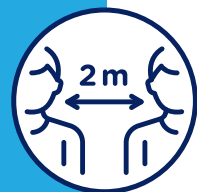
Have a child in school or educational childcare?

Staying alert will help slow the spread of COVID-19

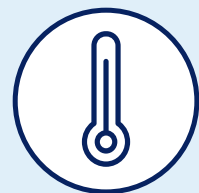
Every year, fall in Québec is marked by a change from lazy summer days to a new routine. This year, we all need to stay alert to protect our kids while letting them attend school and educational childcare services. Working together, we can give them the chance to succeed!

It's important to follow the health and safety guidelines

- Keep a distance of 2 metres between adults and children.
- Wear a face covering when taking public transit and when indoors in closed spaces.
- Wash hands often.
- Follow the guidelines provided for educational childcare services and for schools, including school daycares.



Watch for symptoms



Fever

Children ages **5 or under**:

- **Rectal** temperature of 38.5°C (101.3°F) or higher

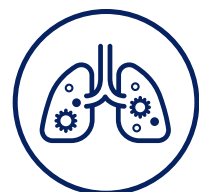
Children ages **6 years and older**:

- **Oral** temperature of 38.1°C (100.6°F) or higher



General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)



Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose



Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches



If your child shows one or more of these symptoms for more than 24 hours or if you believe that a family member was exposed to COVID-19, use the **COVID-19 Symptom Self Assessment Tool** available at:

[Québec.ca/decisioncovid19](https://quebec.ca/decisioncovid19)

to get a recommendation on the next steps to take.



If in doubt, stay home

Any child showing symptoms should remain at home and limit contact with others. If the symptoms persist for more than 24 hours, use the Self-Assessment Tool or call **1 877 644-4545** to find out what to do.

Your child should not go to school if:

- Your local public health authority has told you to self-isolate.
- There is a risk of the child being infected or if you believe they may have been in contact with someone who has COVID-19.
- You are self-isolating for 14 days after travelling outside Canada.

Children who are self-isolating at home may still be able to access distance learning support. Contact the staff at your child's school for more information.



Be careful at school, in daycare and in educational childcare services

If your child shows symptoms, you will be asked to come and pick them up immediately. Call **1 877 644-4545** and follow the guidelines that will be provided.

Parents and staff will be informed if a child that is part of the same class group tests positive for COVID-19. Anyone determined by the public health authorities to be at moderate or high risk will be contacted, removed from the school, daycare or childcare service, and tested.

Parents and staff will be quickly notified if regional public health authorities deem it necessary to close down a facility or group.



Safely restarting activities

Even when it is possible to resume activities, you must follow all of the relevant public health guidelines, including those provided by a health professional. Never end an isolation period early.

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

☎ 1 877 644-4545