



RENFREW COUNTY AND DISTRICT HEALTH UNIT

Frequently Asked Questions (FAQs)

School Re-Opening FAQs

September 15, 2020

1. What are the symptoms of COVID-19?

Common symptoms of COVID-19 include:

- Fever greater or equal to 37.8°C
- New or worsening cough
- Shortness of breath

Other symptoms can include:

- Sore throat
- Difficulty swallowing
- Changes in sense of smell or taste
- Nausea, vomiting, diarrhea, abdominal pain
- Runny nose or nasal congestion (different than usual allergy symptoms).

Atypical signs and symptoms of COVID-19 should be considered, particularly in children:

- Unexplained fatigue, malaise or muscle aches
- Delirium (acutely altered mental status)
- Unexplained falls or functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis

For the full and updated list of symptoms, please refer to the Ministry of Health's [COVID-19 Reference Document for Symptoms](#).

2. What is meant by “a close contact”?

A close contact is generally defined as an individual who had prolonged exposure within 2 metres lasting more than 15 minutes around the time the case was ill.

For the full and updated definitions, please refer to: [Management of cases and contacts of COVID-19 in Ontario](#)

Visit us at www.rcdhu.com or call 613-735-8654 or 1-800-267-1097

“Optimal Health for All in Renfrew County and District”



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3. What is meant by “Suspected case”, “Probable case” and “Confirmed case”?

The descriptions “Probable case” and “Suspected case” should be assumed to mean the same thing.

Basically, a suspected/probable case is when:

- An individual has any symptoms of COVID-19 **AND** has been in close contact with a confirmed case.

A person awaiting the results of a COVID-19 test is not considered to be a suspected/probable case UNLESS they have been in close contact with a confirmed case. However, household members of a person with COVID-19 symptoms should also self-isolate until a negative test result is received for the person with symptoms.

A “Confirmed case” is when a person has a positive laboratory test for COVID-19. They will be contacted directly by Public Health.

Special rules will be declared by Public Health if your child’s school experiences an outbreak of COVID-19 (as per Public Health announcements).

For the full and updated definitions, please refer to: [Case Definition—Coronavirus Disease \(COVID-19\)](#).

4. What is meant by “self-isolate”?

Stay at home, avoid contact with others, keep your distance, wash your hands, cover your cough and sneezes.

For the guidance on how to self-isolate, please refer to: [Coronavirus Disease 2019 \(COVID-19\) How to Self-Isolate](#)

5. My child has symptoms of COVID-19, what should I do?

You should complete this [self-assessment](#) online every morning for your child. This will give you advice on what to do in a variety of different scenarios. However, the basic advice if your child has symptoms of COVID-19 is:

- Keep your child off school
- Your child should self-isolate at home away from any siblings
- You should arrange for COVID-19 testing for the child with symptoms.
- Household contacts (roommates and family that live in the same house as the child with symptoms) should self-isolate, but do not require testing.

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You can contact the Renfrew County Virtual Triage and Assessment Centre (VTAC) 1-844-727-6404 to find out where and when to get your child tested. Taking your child directly for COVID-19 testing does not break the rules of self-isolation, providing you go directly to the testing site and return directly home after testing.

6. When can my child go back to school?

If your child has a negative COVID-19 test, they can return to school 24 hours after their symptoms have resolved. **They DO NOT need a doctor's note in order to go back to school.**

If your child feels better but you are still waiting for the test result, your child should stay off school and self-isolate at home until the test result is known.

If your child has a positive COVID-19 test, you will be contacted by Public Health directly with more detailed advice.

7. My child has had a negative COVID-19 test but they seem to be getting more unwell and I am worried. What should I do?

Contact your Family Physician. If you do not have a Family Physician, or cannot access your Family Physician, call VTAC 1-844-727-6404 and you will be given an appointment for a Family Physician to call you at home.

8. My child has symptoms of COVID-19. I have no symptoms and am awaiting the results of the COVID-19 test for my child? Can I continue to go to work?

No, you should self-isolate whilst continuing to self-monitor for symptoms. You can return to work when the symptomatic household member(s) has a negative test result.

For the guidance on how to self-monitor, please refer to: [Coronavirus Disease 2019 \(COVID-19\) How to Self-Monitor](#)

If any members of your household test positive for COVID-19, you will be contacted by Public Health directly with more detailed advice.