

# What should I do if my child is sick?



Students should stay home from school if they are sick, no matter how mild the symptoms. [Learn more about household isolation.](#)

If a student displays any symptom of illness while at school, they will be isolated and their parent/guardian will be contacted to pick them up.

If your child has one symptom from Column A, they follow the isolation guidelines below.

If your child has two symptoms from Column B, they should follow the isolation guidelines below.

If your child has only one symptom from Column B, they should stay home. They may only return to school once they are symptom-free for 24 hours.

## Column A

Do you have a new onset, or worsening, of any ONE of the following symptoms?

- Fever > 38°C or think you have a fever or chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

## Column B

Do you have a new onset, or worsening, of any TWO of the following symptoms?

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

## A child should not come to school when:

- They are sick, no matter how mild the symptoms.
- They have tested positive for COVID-19 from a test taken at a lab or at a provincial testing site or from a rapid antigen test (RAT) or if they are awaiting test results.
- They have COVID-19 symptoms, regardless of whether they have been exposed through travel or contact with a case. If a child does not go for testing, you should assume they have COVID-19 and follow the below guidance for cases.

If a member of your household tests positive for COVID-19 or has symptoms, please refer to the [Household Isolation infographic](#).

If your child has traveled outside of Manitoba, please refer to the [Travel infographic](#).

## Isolation Guidelines:

People who are fully vaccinated and do not have symptoms need to isolate for five days from the date of their positive test.

People who are fully vaccinated and have symptoms need to isolate for five days from the day their symptoms started or the date of the test, whichever is later. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.

People who are not fully vaccinated need to isolate for 10 days from the date of their positive test. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours.

Lingering symptoms such as cough or loss of taste or smell can persist beyond the isolation period, and if present, are not reasons for continuing isolation.

**A child can return to school once they complete their period of isolation and once they no longer have a fever and their other symptoms have been improving over the past 24 hours**

Fully vaccinated people who have finished their isolation must wear a medical grade mask in public settings for five days and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease.

More information: <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>