My child is a close contact, now what?

You have been told that your child has been exposed to someone with COVID-19 <u>in the community</u>. Their testing and isolation requirements will be based on their vaccination status and if they have symptoms. If there is a positive case in the household, please visit **nshealth.ca/household-close-contact** for direction.

Is your child fully vaccinated <u>or</u> age 11 years and under?

Yes

If the exposed child <u>does not</u> have symptoms:
- Complete a **COVID-19 test** at least 72 hours after the last exposure.
- Have them stay home, except for school or child care, while waiting for their test results.
- If this test is negative, they can return regular activities and are asked to complete a second rapid test 48 hours later.

If the exposed child is experiencing symptoms:
- Self-isolate immediately. Complete a COVID-19 test as soon as possible, and again 72 hours after the last exposure and a second rapid test 48 hours later.
- The exposed child can only stop isolating if <u>all</u> tests are negative <u>and</u> they are feeling better (symptoms are resolved or improving, and there is no fever for 24 hours).

No

- Self-isolate for 7 full days after the last exposure.
- Complete a **COVID-19 test** 72 hours after the last exposure and then again 6-7 days after their last exposure.
- The child can leave isolation after two negative rapid tests done on day 6 and on day 8 <u>or</u> after one negative PCR test done on day 6 or 7.

- **If they have symptoms**, the exposed child is only able to leave isolation if their tests are negative <u>and</u> they are feeling better (symptoms are resolved or improving, and there is no fever for 24 hours).

Book a **COVID-19 test** (rapid or PCR, based on eligibility) using the online self-assessment tool or call 811.
If symptoms develop after the **COVID-19 test**, self-isolate and use the online self-assessment tool or call 811 to be retested.

Reminder: It is very important to carefully follow Public Health measures even if fully vaccinated.

Updated Jan. 14, 2022

- **If your child gets a positive rapid test result,** they are considered to be positive for COVID-19. Self-isolate immediately and follow these instructions **nshealth.ca/testedpositiveforcovid**.
- **If your child has recovered from COVID-19 in the past 90 days,** please visit **nshealth.ca/information-covid-19-close-contacts** for direction.

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"Close contact" isolation instructions for your child at home.

The child self-isolates in a designated area of the home away from other members of the household as much as possible.

- One parent/guardian should be designated as the child's main caregiver and encourages the child to isolate from other family members as much as possible.
- The designated caregiver is <u>not</u> required to isolate with the child, only to provide care and support as needed which may include staying home from work during the child's isolation.
- All other family members can continue to work and go to school.

> If the child tests positive, they are no longer considered a close contact but rather a case of COVID-19. Please then follow instructions for **Someone in my household tested positive: What do I do?**

How to isolate

- Stay in your home/deck/balcony/yard.
- Limit contact with people they live with.

- **If your child has no symptoms, they can go beyond the property for one hour of outdoor activity a day. They must keep distanced from other people and cannot go beyond walking distance of home.**

- Use a separate bedroom and bathroom, if they can.
- If they can't keep distance from other family members, clean shared spaces after use.
- Take and record their temperature daily.
- <u>Do not</u> have any visitors to your home.
- Complete an **online self-assessment** if symptoms develop, or call 811.

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For more information visit **nshealth.ca/information-covid-19-close-contacts**

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