

# School Attendance: A Resource for Families

All TLDSB students who have even ONE of the symptoms persisting for more than a few hours, and for whom the symptom(s) is new and not related to seasonal allergies or pre-existing medical conditions, **must stay home and/or return home if symptoms appear during school day.**

**It is recommended that any students with symptoms contact your healthcare provider or Telehealth Ontario (1-866-797-0000). If there is a medical emergency, call 911.**

- Fever**  
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher.
- Chills**
- Cough that's new or worsening**  
Continuous, more than usual, not related to other known causes or conditions (for example, COPD).
- Barking cough, making a whistling noise when breathing**  
Croup, not related to other known causes or conditions.
- Shortness of breath**  
Out of breath, unable to breathe deeply, not related to other known causes or conditions (for example, asthma).
- Sore throat**  
Not related to other known causes or conditions (for example, seasonal allergies, acid reflux).
- Difficulty swallowing**  
Painful swallowing, not related to other known causes or conditions.
- Runny nose**  
Not related to other known causes or conditions (for example, seasonal allergies, being outside in cold weather).
- Stuffy or congested nose**  
Not related to other known causes or conditions (for example, seasonal allergies).

- Decrease or loss of taste or smell**  
Not related to other known causes or conditions (for example, allergies, neurological disorders).
- Pink eye**  
Conjunctivitis, not related to other known causes or conditions (for example, recurring styes).
- Headache that's unusual or long lasting**  
Not related to other known causes or conditions (for example, tension-type headaches, chronic migraines).
- Digestive issues like nausea/vomiting, diarrhea, stomach pain**  
Not related to other known causes or conditions (for example, irritable bowel syndrome, anxiety in children, menstrual cramps).
- Muscle aches that are unusual or long lasting**  
Not related to other known causes or conditions (for example, a sudden injury, fibromyalgia).
- Extreme tiredness that is unusual**  
Fatigue, lack of energy, not related to other known causes or conditions (for example, depression, insomnia, thyroid dysfunction).
- Falling down often**  
For older people.
- Sluggishness or lack of appetite**  
For young children and infants.

## In addition, students must stay home if:

- They are self-isolating due to high-risk exposure to a confirmed case of COVID-19.
- They are self-isolating due to travel outside of Canada.
- They are sick with COVID-19 symptoms and have been tested, but are waiting for results.
- They are sick with COVID-19 symptoms but have declined to be tested.

## Local health units:

**Simcoe Muskoka District Health Unit:** [simcoemuskokahealth.org](http://simcoemuskokahealth.org)  
**Haliburton, Kawartha Pine Ridge District Health Unit:** [www.hkpr.on.ca](http://www.hkpr.on.ca)  
**Government of Ontario COVID-19 resource page:** [covid-19.ontario.ca](http://covid-19.ontario.ca)

## How to self-monitor

If you have been in contact with anyone who is ill:

- Monitor for any of the common symptoms of COVID-19
- You may attend school as long as you do not develop any symptoms of COVID-19
- Wear a mask
- Wash your hands frequently with soap and water or sanitizer
- Stay home if you become ill

## How to self-isolate

If you have symptoms, are awaiting test results, have tested positive for COVID-19, or have been advised to self-isolate:

- Stay home, using a separate room and bathroom if possible
- Avoid contact with others (at least 2 metres apart)
- Wash hands often
- Cover coughs/sneezes
- Everyone in household should wear a mask
- Remain in a well-ventilated space (open windows)
- Ensure the household, especially high touch surfaces, is cleaned thoroughly and regularly (including laundry); be careful when touching waste
- Avoid sharing household items (dishes, bedding, clothing, towels)

## Expectations prior to return to school following an illness that involves COVID-19 symptoms

While a TLDSB student is waiting for COVID-19 test results, they must remain in self-isolation and cannot attend school in person.

### NEGATIVE COVID-19 test results

- Following the receipt of a negative COVID-19 test result, if a TLDSB student is symptom free for 24 hours and can pass the COVID-19 screening tool, they can return to school.
- Documented proof of the negative test result is not required for a student to return to school.

**Note:** If a student has been advised by the Public Health Unit to self-isolate as a result of contact with someone who has tested positive for COVID-19, or, if the student has travelled out of the country, they will need to remain in isolation until 14 days have passed since their last exposure, even if they have a negative test result.

### NOT tested for COVID-19

- TLDSB students must remain home for 14 days from the onset of symptoms AND be symptom-free for 24 hours before returning to school, **OR**
- TLDSB students must be diagnosed by their health care provider with a known alternative diagnosis (symptoms are not due to COVID-19) AND be symptom-free for 24 hours before returning to school.
  - If any student's known alternative diagnosis is seasonal allergies or a pre-existing medical condition, and their current symptoms (e.g., runny nose) have been confirmed by a health care provider as being associated with the seasonal allergies or pre-existing medical condition, the student may return to school as long as symptoms remain stable and don't change or worsen. Note that this applies to seasonal allergies and pre-existing medical conditions only. If a student is diagnosed by a health care provider with an alternative illness (e.g. strep throat, flu, common cold) they should remain home and not return to school until they have been completely symptom-free for 24 hours.

### POSITIVE COVID-19 test results

- TLDSB students who test positive for COVID-19 will follow isolation instructions provided by their healthcare provider and/or the public health unit and may return to school only when cleared to do so by the public health unit.