

COVID-19

Early Years and Child Care
Information for
parents/guardians/
caregivers

October 15, 2021

COVID-19

Important information

Coping with COVID-19 can be stressful for early years and child care communities and families. Together we can be resilient and reduce spread.

If your child has been asked to stay home from the early years and child care setting (EYCC setting)* because they are showing symptoms of COVID-19, or due to a potential COVID-19 exposure, here are resources to help you care for them and your household during this period. Use the Return to Child Care for Children form when your child is ready to return to child care.

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This resource is also available in French, and can be accessed through our [website](#)

Fully vaccinated: Individuals are considered fully vaccinated 14 days after receiving the last dose of a Health Canada **approved** COVID-19 vaccine (a second dose of a 2-dose vaccine, or a single dose of a 1-dose vaccine) or any combination of these vaccines.

Individuals are also considered fully vaccinated 14 days after receiving:

- one or two doses of a COVID-19 vaccine not approved by Health Canada, followed by one dose of a COVID-19 mRNA vaccine approved by Health Canada (e.g., Pfizer or Moderna); or
- three doses of any COVID-19 vaccine not approved by Health Canada.

Note: If your child is exposed to a person with COVID-19, their last dose of vaccine must be received 14 days prior to their initial exposure.

Previously positive: Individuals who had COVID-19 within the past 90 days, recovered and completed their isolation period from their initial infection.

If your child is immunocompromised, they should continue to follow all standard public health direction (e.g., self-isolate after being exposed to a person who has COVID-19), even if they are fully vaccinated or previously positive. If you have questions, speak to your child's health care provider.

*Early years and child care setting (i.e. EYCC setting) refers to licensed child care centres, licensed home child care sites and EarlyON Child & Family Centres.

COVID-19

Information sheet for a child with symptoms

Dear Parent/Guardian,

On _____, _____ reported or showed signs of symptom(s). These symptom(s) may be caused by COVID-19.

Child reported or showed signs of:

- | | |
|--------------------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Fever and/or chills (=or>37.8 degrees C) | <input type="checkbox"/> Shortness of breath/difficulty breathing |
| <input type="checkbox"/> New or worsening cough or barking cough (croup) | <input type="checkbox"/> Decrease or loss of smell or taste |
| | <input type="checkbox"/> Nausea, vomiting and/or diarrhea |

Note: If an individual received a COVID-19 vaccination in the last 48 hours and is only experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, then they may still attend the EYCC setting. If the symptoms worsen, continue past 48 hours, or if they develop other symptoms, follow the instruction below.

What are the next steps?

If **any** symptom(s) was reported:

- Your child should stay home and isolate immediately, and not leave except to get tested or for a medical emergency. Your child can isolate with a caregiver to support emotional wellbeing and everyday needs. More information on how to safely co-isolate with your child can be found on the Peel Public Health [website](#). You should arrange for your child to be tested for COVID-19.
- If you believe these symptoms are due to another illness (i.e. pre-existing medical condition), you must see your health care provider for an assessment of your child's symptoms. If your health care provider cannot rule out COVID-19, your child should be tested. Please check the [Peel Public Health website](#) for a testing location close to you, including drop-in locations.
- If visiting your health care provider, ensure you call their office **before** visiting to let them know that your child has symptoms consistent with COVID-19.
- While awaiting test results, your child should self-isolate at home by avoiding contact with others (including household members) as much as possible. Your child and their caregiver (who is preferably fully vaccinated) can isolate together. As households have the highest risk of transmission from a case, **all household members who are not fully vaccinated or previously positive must self-isolate while awaiting your child's test results**. Siblings or other children in the home who are not fully vaccinated or previously positive must not attend school or child care. Household members should self-monitor for symptoms and arrange to get tested if symptoms develop even if they are fully vaccinated or previously positive in the past 90 days.
- **Important:** Call 911 to take your child to the hospital right away if they show any of the following: fast breathing or trouble breathing, bluish color around the lips or on skin, unable to drink enough fluids, unable to wake up or interact, being so irritable that they do not want to be held, or persistent fever for 3 days or longer.
- If you have questions, call your health care provider or Telehealth Ontario (1-866-797-0000).

Please check the [Peel Public Health website](#) to learn more information about self-isolation. You can also [access resources](#) on how to self-isolate or how to care for someone in your household who is self-isolating.

Return to Child Care for Children

When your child is ready to return to child care after illness, exposure to a person with COVID-19 or COVID-19 symptoms, or not passing screening, complete this form and **check off only 1 box**. **Complete 1 form for each child returning to the child care setting.**

Note: When getting a COVID-19 test, rapid antigen tests (e.g. PanBio™) **should not** be used for anyone exposed to someone with COVID-19 or anyone who has symptoms as they are less accurate than lab-based tests. Lab-based tests are available at community or hospital testing sites listed on the [Region of Peel COVID-19 website](#) or the [Government of Ontario website](#).

Your signature confirms that the information is true. This is important to help decrease the spread of COVID-19 and protect the safety of everyone in the child care setting.

Child's Name: _____

Last date of attendance: _____

My child has tested **POSITIVE** for COVID-19:

- My child is previously positive* and does not have any new symptoms of COVID-19. My child has self-isolated for 10 days after the start of symptoms or from the date of test (if no symptoms present) and has been cleared by public health to return to child care. Any symptoms have improved for more than 24 hours and no fever is present.

My child was ill:

- My child tested negative for COVID-19 and their symptoms have improved for more than 24 hours (more than 48 hours for nausea, vomiting, diarrhea) and no fever is present.
- A COVID-19 test was not taken, and my child has self-isolated for 10 days after the start of symptoms. Symptoms have improved for more than 24 hours and no fever is present.
- A COVID-19 test was not taken, and a health care provider had diagnosed another medical condition. Any symptoms (if from an infectious cause) have improved for more than 24 hours (48 hours for nausea, vomiting or diarrhea) and no fever is present.

My child had close contact with a person with symptoms of COVID-19:

- My child was fully vaccinated** against COVID-19, or previously positive*, before being exposed to the symptomatic person. My child does not have any symptoms and is not immunocompromised.
- The symptomatic person tested negative for COVID-19.
- The symptomatic person did not get tested for COVID-19, and my child has self-isolated for 10 days since the last date of exposure to them. My child has had no symptoms in the past 10 days.
- The symptomatic person did not get tested and a health care provider had diagnosed another medical condition.

My child is a close contact of a person who tested positive for COVID-19:

- My child was fully vaccinated** against COVID-19, or previously positive*, before their exposure to someone with COVID-19. My child does not have any symptoms and is not immunocompromised.
- A COVID-19 test was taken and my child has tested negative. My child has self-isolated for 10 days since the last date of exposure. My child is well and has had no symptoms in the past 10 days.
- A COVID-19 test was not taken. My child has self-isolated for 10 days since the last date of exposure. My child is well and has had no symptoms in the past 10 days.

My child's household member was isolating as a close contact of a person with COVID-19:

- My child was fully vaccinated** against COVID-19, or previously positive*, before their household member's isolation period. My child has not had any symptoms in the last 10 days and is not immunocompromised.
- My child stayed home for their household member's isolation period. Nobody in my household has any symptoms and my child has not had any symptoms in the last 10 days.

My child or their household member recently travelled outside of Canada and was instructed to quarantine or stay home:

- My child was fully vaccinated** against COVID-19 prior to their entry into Canada. My child is well, has no symptoms and is not immunocompromised.
- My child has returned from travel outside of Canada. My child stayed home and completed the mandatory federal requirements to stay home from child care for 14 days after travel. My child is well and has no symptoms. (Refer to more information on federal quarantine requirements – [unvaccinated children under 12](#) and [unvaccinated youth 12-17](#)).
- My child's household member has returned from travel outside of Canada. My child stayed home for the duration of their household member's quarantine period.

Name of person completing the form: _____

Signature: _____ Date: _____

Children must also pass daily COVID-19 screening prior to return to the child care setting.

*Your child is **previously positive** if: They had COVID-19 within the past 90 days; they have recovered; and they have completed the isolation period from their initial infection.

Your child is **fully vaccinated if: 14 days have passed since receiving the last dose of a Health Canada **approved** COVID-19 vaccine (a second dose of a 2-dose vaccine, or a single dose of a 1-dose vaccine) or any combination of these vaccines.

Individuals are also considered fully vaccinated 14 days after receiving:

- one or two doses of a COVID-19 vaccine not approved by Health Canada, followed by one dose of a COVID-19 mRNA vaccine approved by Health Canada (e.g., Pfizer or Moderna); or
- three doses of any COVID-19 vaccine not approved by Health Canada.

Note: If your child is exposed to a person with COVID-19, your child's last dose must be received 14 days prior to their initial exposure.

If your child is immunocompromised, they should continue to isolate after a COVID-19 exposure even if they are fully vaccinated or previously positive.

How to self-isolate

Coping with COVID-19 is stressful. Together we are resilient and can reduce spread in our community.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or Peel Public Health at 905-799-7700.

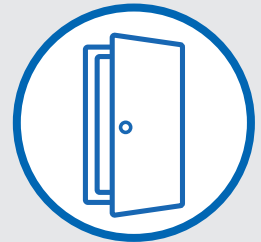
Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school, other public places or to other private residences.



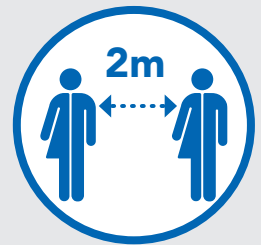
Avoid contact with others

- Do not have visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- Stay in a separate room away from other people in your home and wear a well-fitted mask, as much as possible. Use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not feasible, keep a distance of at least two metres as much as possible.
- If possible, another caregiver in the home should care for children in the home while you are isolating. If you cannot stay apart, your children need to stay home.



Keep a 2 metre distance

- Keep a distance of at least two metres and wear a well-fitted mask that covers your nose and mouth if you are in a room with other people.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining wastebaskets with a plastic bag makes waste disposal safer.
- Clean your hands after emptying wastebaskets.



Wear a mask over your nose and mouth

- Wear a mask when you are within two metres of other people.
- Ensure your mask is well-fitted to your face, fully covering your nose, mouth and chin with no gaps.
- Wear a mask if you must leave your home to see a health care provider.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes.



Co-isolate when needed

- Provide care and support to a child or person who needs help with daily living (such as bathing, feeding, clothing) if they are required to self-isolate.
- Caregivers should take additional measures to protect themselves and others in the home, including wearing a mask, washing hands often, and staying apart from others in the home.



COVID-19 Voluntary Isolation Housing Program

Free isolation hotels are available in Peel if you cannot safely self-isolate at home. Our COVID-19 Voluntary Isolation Housing program provides a hotel quality room that's private and safe. For more information, call Peel Region Human Services at 905-281-1269, or visit our website at:

peelregion.ca/coronavirus/self-isolation/#home

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The information in this document is current as of April 16, 2021

How to care for someone in your household who is self-isolating

Coping with COVID-19 is stressful.

Together we are resilient and can reduce spread in households.

If you are caring for someone who has COVID-19, symptoms of COVID-19 or has been exposed to COVID-19, you may be at risk of getting infected. To reduce the spread at home, choose only one caregiver, where possible.

Contact Peel Public Health at 905-799-7700 about how to monitor your own health and what to do if you feel sick. Be sure to tell health care providers that you may be a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water before and after each contact with the person you are caring for.
- Use an alcohol-based hand sanitizer if soap and water are not available. A wet wipe may be used first.
- Dry your hands with disposable paper towels. A reusable towel that is not shared with anyone else may also be used. Replace the towel when it becomes wet.



Wear a mask, gloves and eye protection

- Wear a well-fitted mask, gloves and eye protection (goggles or face shield) if you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



Dispose of gloves and mask after each use

- Take the gloves, mask and eye protection off right after you provide care and dispose of them in a wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your eye protection and then your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.
- If your eye protection is not intended for single use, clean it with soap and water and then disinfect it with an approved hard-surface disinfectant that has a Drug Identification Number (DIN).



Limit the number of visitors in your home

- Do not have visitors unless essential (e.g., care providers).
- Keep a distance of at least two metres and wear a well-fitted mask if you must have visitors.
- Keep seniors and people at higher risk for illness (e.g. weakened immune systems, medical conditions such as heart disease, diabetes and cancer) away from the person who is self-isolating and their caregiver.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is self-isolating, if possible.
- Wash items with soap or detergent in warm water. No special soap is needed. Dishwashers and washing machines can be used.
- Do not share cigarettes.
- Avoid using the same bathroom, if possible. Otherwise, put the toilet lid down before flushing.



Clean

- Clean your home with household cleaners with a Drug Identification Number (DIN).
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



Wash laundry thoroughly

- Wear gloves and a well-fitted mask when handling laundry. There is no need to wash laundry separately.
- Clean your hands with soap and water immediately after removing your gloves.
- Wash laundry with regular laundry soap and hot water (60-90°C), and dry well.



Be careful when touching waste

- All waste can go into regular garbage bins.
- Take care not to touch used tissues with your hands when emptying wastebaskets. Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands with soap and water after emptying the wastebasket.



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How do you get more information?

If you need more information you can go to [Peel Public Health's website](#) or call **905-799-7700**, Caledon 905-584-2216

COVID-19 testing information can be found at peelregion.ca/coronavirus/testing

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For more information visit peelregion.ca/coronavirus

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working with you