

What to do if you are a close contact of a person with COVID-19:

[English PDF](#)

Located on the web [here](#)

Student version:

A Parent' Guide if Your Child is a Close Contact of Someone with COVID-19:

- [English PDF](#)
- [French PDF](#)

WHAT TO DO IF YOU ARE A CLOSE CONTACT OF A PERSON WITH COVID-19

October 12, 2021

If you have been notified that you are a close contact of someone who has COVID-19:



SELF-ISOLATE

- You must self-isolate for 10 days from the date of your last exposure to the person who tested positive. Public health will tell you when you can end self-isolation.
- If you have no symptoms and are fully vaccinated* or recently had a COVID-19 infection** you do not have to self-isolate, unless directed by public health. You must still follow the instructions below.



MONITOR FOR COVID-19 SYMPTOMS EVERY DAY:

Monitor for symptoms of COVID-19 every day, even if you are fully vaccinated* or had a recent COVID-19 infection**. Look for any of the following symptoms:



Fever > 37.8°C and/or chills



Cough



Trouble breathing



Decrease or loss of taste or smell



Nausea, vomiting or diarrhea



Tired, sore muscles or joints



Sore throat



Runny or stuffy nose



Abdominal pain



Headache



Pink eye



Decrease or lack of appetite

IF YOU DEVELOP SYMPTOMS:



Get tested with a PCR test:

- Book an appointment at an assessment centre to get a COVID-19 PCR test.
- If you got a negative PCR test before your symptoms started, get tested again.
- If you are fully vaccinated* or had a recent COVID-19 infection**, you should stay home and self-isolate right away while you wait for your test result.

Household members need to self-isolate:

- Everyone in your household will need to self-isolate until you test negative, unless they are fully vaccinated* or had a recent COVID-19 infection**.

Notify your employer or call public health at: 416-338-7600.



GET TESTED EVEN IF YOU DON'T HAVE SYMPTOMS

- Even if you do not have symptoms, you should get two PCR tests: one as soon as possible and a second usually 1 week later. Public health will provide you more information about when to get these tests.

WHILE YOU ARE SELF-ISOLATING, EVERYONE IN YOUR HOUSEHOLD SHOULD:

- Wear a mask in public spaces to protect others.
- Limit contact with others with health issues or who are elderly.
- Avoid crowded places.
- Keep a two metre distance from others.



*Fully vaccinated is defined as 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the Ontario Ministry of Health.

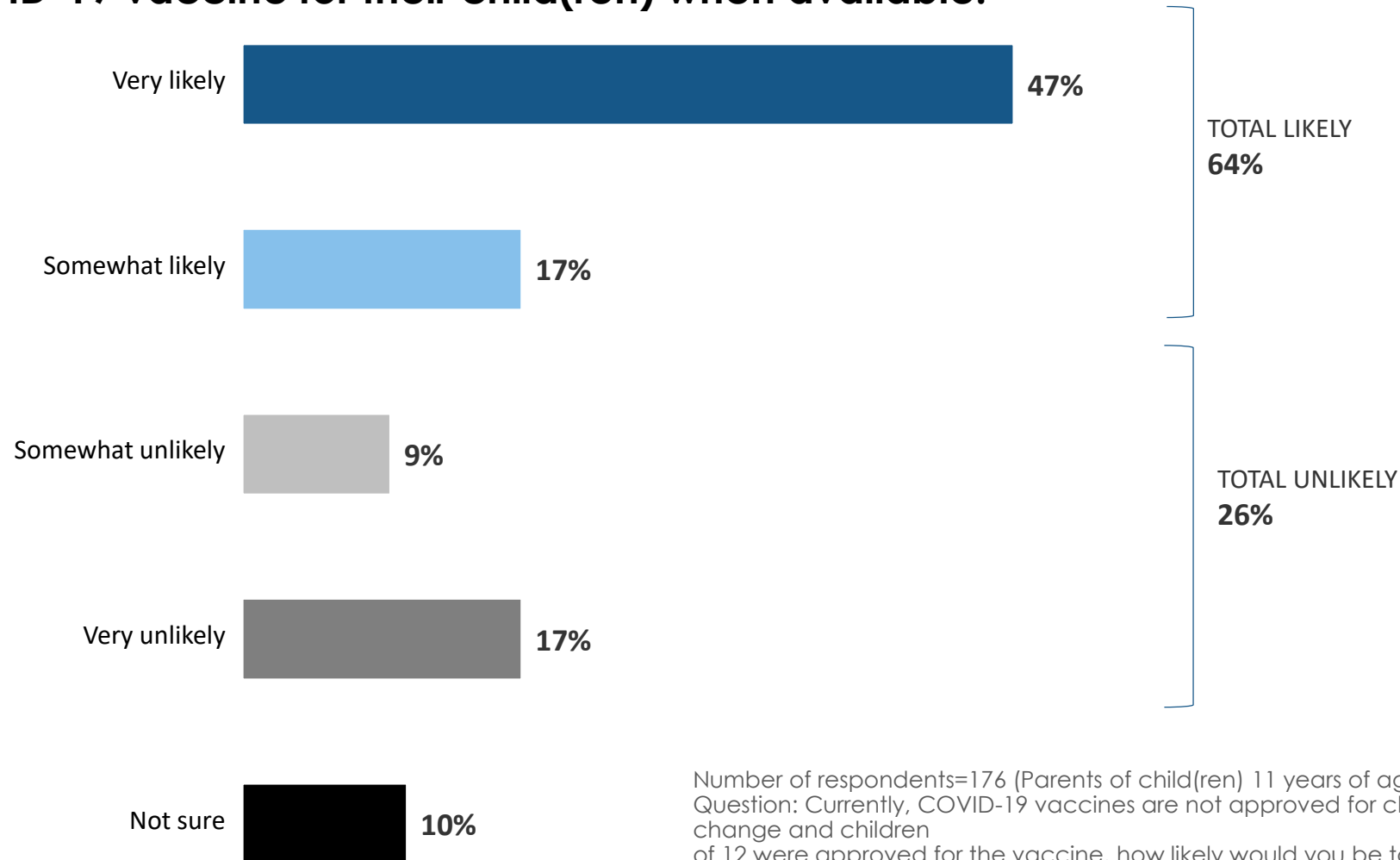
**Recent COVID-19 infection means that the person has tested positive for COVID-19 in the last 90 days and has been cleared by public health.

Vaccines and Children 5-11 years old

- Planning continuing in Toronto
- Health Canada is reviewing data on safety, efficacy and quality for the Pfizer-BioNTech vaccine in this age group.
- Children who get infected with COVID-19 usually experience mild symptoms or no symptoms at all.
- Some children have developed more severe symptoms (MIS-C) and require hospitalization, even if they do not have other health conditions.
- **The best way to protect everyone in your household now is for members born in 2009 or earlier to get fully vaccinated as soon as possible.**

Vaccines and Children 5-11 years old

- Among parent(s) with children 11 years of age or younger, a majority (64%) said they are likely to get a COVID-19 vaccine for their child(ren) when available.



Number of respondents=176 (Parents of child(ren) 11 years of age or younger)
Question: Currently, COVID-19 vaccines are not approved for children under the age of 12. If this was to change and children under the age of 12 were approved for the vaccine, how likely would you be to get a COVID-19 vaccine for your child(ren)? Ipsos Canada and Toronto Public Health, August 2021

5-11 vaccination planning underway. New resources posted

How to Talk to Kids About Getting Vaccinated

[Resource PDF LINK:](#)

French translation in progress.

See TPH Website:

COVID-19: Children and Vaccines ([LINK](#))



How to Talk to Kids about Getting Vaccinated

Children ages 5-11 will soon be eligible to receive a COVID-19 vaccine. The Delta variant spreads easier, faster and makes people sicker. Vaccinating children will add an extra layer of protection against serious illness, and make returning to enjoying regular activities safer as we continue living with this virus. The following tips will help you talk to kids about getting vaccinated:

1. Keep Up to Date from Credible Information Sources:

- It is important to be informed about the COVID-19 vaccines before talking to your children. We recommend using credible information sources and speaking with your family doctor, or a healthcare provider if you have questions. A great place to learn about COVID-19 vaccines is the City of Toronto's website: <https://www.toronto.ca/home/covid-19/covid-19-vaccines/>

2. Listen:

- Ask your children to share what they know or have heard about COVID-19 vaccines, and actively listen to their responses.
- Like adults, children may have heard a lot of misinformation about vaccines during the pandemic, and may have fears or worries. Take these concerns seriously.
- A discussion with a trusted adult, such as a family doctor or other health professional, may help ease some of these concerns.
- If your child seems anxious, pretend play or drawing together may help younger children explore their fears and feelings. Older children may try writing down their feelings or use deep, slow breaths to help relax and keep calm.

3. Be Honest:

- It's important to be honest with children about vaccinations. Share information in an age-appropriate way.
- Children take their emotional cues from adults. If you are worried or have fears, your child will pick up on that. It is important not to overshare fears or worry.

4. Be Ready to Answer Their Questions:

It is normal for children to have questions about their health and vaccines. Below you will find a list of questions, with child-friendly responses:

Sick Kids COVID-19 Vaccine Consult Services

SICKKIDS COVID-19 Vaccine Consult Service



**COVID-19 Vaccine
Consult Service**



Talk to a knowledgeable SickKids clinician to get your questions answered about the COVID-19 vaccine for children and youth.

Visit www.sickkids.ca/vaccineconsult to book a confidential phone appointment.

SickKids

For more info go to:

[LINK](#)

- Youth and families can book an appointment with the COVID-19 Vaccine Consult Service (VSC) to speak with a Registered Nurse.
- Appointments are available Monday to Friday

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COVID-19 Vaccine Consult Service



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Can support:

- Specific questions or concerns related to the COVID-19 vaccine for youth/children that you cannot find the answer to elsewhere.
- Youth/children who have complex medical histories or medical conditions (i.e. chronic illness) and/or their parents/caregivers.
- Youth/children who require additional support for their COVID-19 vaccine due to medical complexity, developmental disorder or mobility, communication, behavioural or other specialized needs, including significant needle phobia.

- **Provincial Vaccine Confidence Centre**

- 1-833-943-3900 Open 7 days/week from 8am-8pm
- Staffed with Health Specialists and available in over 300 languages

- **VaxFacts Clinic: One-to-One Phone Consultation with a Doctor**

- Schedule a phone conversation with a doctor to help make an informed decision about the COVID-19 vaccine.
- Book an appointment online at <https://www.shn.ca/VaxFacts/> or call 416-438-2911 ext. 5738

- **SickKids: COVID-19 Vaccine Consult Service**

- By appointment phone service only (youth 12+ or a parent/caregiver/legal guardian of a child or youth, an Ontario resident)
- Registered Nurses will answer questions and discuss the COVID-19 vaccines for children and youth
- Available in multiple languages, using over-the-phone language interpretation
- To book: <https://www.sickkids.ca/en/care-services/support-services/covid-19-vaccine-consult/#book> or call 437-881-3505