

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 should follow the isolation recommendations below.

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

If your child has only one symptom from Column B, they should stay home. They should 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 Recommendations:

People with symptoms should stay home and isolate for five days (no matter their vaccination status) after symptom onset or positive test result, whichever occurs later, until they have no fever and other symptoms have improved over the past 24 hours.

Individuals who have tested positive but do not develop symptoms should isolate for five days from the date of the test.

Individuals should wear a well-fitting, well-made mask if they must have contact with other people while ill or when their isolation is finished for 10 days after the onset of symptoms or test date if asymptomatic.

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