

COVID-19 (CORONAVIRUS)

Instructions to follow for children with COVID-19 or for children awaiting their COVID-19 test result

If you are waiting for your child's COVID-19 result:

The result of your child's COVID-19 test will be communicated to you by telephone in the coming days, whether it is positive or negative. Results are usually communicated to families 7 days a week including on holidays. While awaiting the test results, your child should remain in isolation at home.

The Montreal public health agency recommends that all asymptomatic children within the same bubble (brothers and sisters) be placed in isolation if another member of the family bubble has symptoms and is awaiting a COVID-19 result.

If a member of the family bubble presents or develops symptoms (cough, fever, sore throat, headache, vomiting, etc.), they must immediately isolate and schedule a COVID-19 test. To find a COVID-19 testing clinic, please visit <https://santemontreal.qc.ca/en/public/coronavirus-covid-19/testing-covid-19-in-montreal/> or contact the info-COVID telephone line at **1-877-644-4545**.

Negative COVID-19 result (COVID not detected)

If your child has a negative COVID-19 result, they can return to school or daycare once fever has resolved, or once their symptoms have improved. No official document is necessary for your child to be able to return to school or daycare if the result of the COVID-19 test is negative. If your child's school or daycare asks for proof of a negative COVID-19 test result, please contact the archives of the hospital at the following number: **514-345-4627**.

Positive result (COVID detected, confirmed case)

If your child receives a positive COVID-19 result, they must remain in isolation at home, along with all family members residing in the same home. Confirmed cases must remain in isolation for 10 days after the onset of symptoms. Close contacts of a confirmed case must remain in isolation for a minimum of 14 days, must watch for the onset of symptoms and get tested should symptoms arise. The duration of isolation for close contacts of a confirmed case is determined by the public health agency and may extend beyond 14 days if it is not possible to isolate the confirmed case adequately. For more information, please visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/> or contact the info-COVID line at **1 877 644-4545**.

General instructions:

- Ensure that your child is well hydrated. If necessary, give small but frequent quantities to your child.
- Continue your child's usual medication.
- Continue nasal hygiene (ex: sinus rinse) regularly, and as necessary.
- If required, we recommend the use of acetaminophen (ex. Tylenol™, Atasol™, Tempra™, private brands) as a first line to relieve fever, respecting the doses recommended according to weight and respecting any contraindications.
- If your child is over the age of 6 months and their fever persists after a few doses of acetaminophen given every 4-6 hours regularly, ibuprofen (eg Advil™, Motrin™, private brands) can be used, along with acetaminophen, while respecting the recommended doses and contraindications.*

*There is no scientific proof that anti-inflammatory medications such as ibuprofen worsen COVID-19 infections.

Please come back to the emergency department if your child presents any of the following symptoms:

- Difficulty breathing (rapid breathing, laboured breathing)
- Difficulty drinking or significant diarrhea with signs of dehydration (dry mouth, less than 4 urinations in 24 hours, sunken eyes, lack of tears)
- Drowsiness
- Persistent fever 3 days after the initial consultation

If your child has COVID-19 or is awaiting the test result for COVID-19, please advise the staff members as soon as you arrive in the emergency department.

The Government of Québec COVID-19 general public information line is open from Monday to Friday, 8 a.m. to 6 p.m. and on weekends from 8:30 a.m. to 4:30 p.m.: **1 877 644-4545.**