

What Should I Do If My Child Is Sick?

Public Health Officials advise that if anyone develops any one symptom listed in Column A or any two or more symptoms listed in Column B (see table below), even if they are mild, they should immediately self-isolate (quarantine).

They also recommend testing for COVID-19 as soon as symptoms appear. If a student at school displays one symptom from Column A or two or more symptoms from Column B, or a combination from either column, the school will immediately contact parents to pick up their child.

We encourage you to call Health Links—Info Santé at 204-788-8200 or toll-free at 1-888-315-9257 for information on testing and isolation.

COLUMN A

- FEVER/CHILLS
- COUGH
- SORE THROAT/HOARSE VOICE
- SHORTNESS OF BREATH/DIFFICULTY BREATHING
- LOSS OF TASTE OR SMELL
- VOMITING OR DIARRHEA (FOR MORE THAN 24 HOURS)

COLUMN B

- RUNNY NOSE
- MUSCLE ACHES
- FATIGUE
- PINK EYE (CONJUNCTIVITIS)
- HEADACHE
- SKIN RASH OF UNKNOWN CAUSE
- NAUSEA OR LOSS OF APPETITE
- POOR FEEDING (IF AN INFANT)



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For more information, visit: www.gov.mb.ca/covid19/fundamentals/self-isolation.html

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