

**COVID-19**

**Early Years and Child Care**

**Information for**  
**parents/guardians/**  
**caregivers**

**May 17, 2021**

The *How to Self-Isolate* fact sheets and *How to care for someone in your household who is self-isolating* included (current as of April 16, 2021) was adapted with permission of Public Health Ontario

# COVID-19

## Important information

Coping with COVID-19 can be stressful for 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.

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\*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"/> Stuffy nose and/or runny nose                     |
| <input type="checkbox"/> New or worsening cough or barking cough (croup) | <input type="checkbox"/> New or persistent headache                        |
| <input type="checkbox"/> Shortness of breath/difficulty breathing        | <input type="checkbox"/> Nausea, vomiting and/or diarrhea                  |
| <input type="checkbox"/> Decrease or loss of smell or taste              | <input type="checkbox"/> Extreme tiredness that is unusual or muscle aches |
| <input type="checkbox"/> Sore throat or difficulty swallowing            |  |

### 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. The 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 to be due to another illness (i.e. pre-existing medical condition), you must see your health care provider for an assessment of their 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.
- 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. The child and a caregiver can isolate together. As households have the highest risk of transmission from a case, **the entire household must self-isolate while awaiting your child's test results**. Household members should self-monitor for symptoms and arrange to get tested if symptoms develop.
- **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, not drinking enough fluids, not waking up or not interacting, 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).

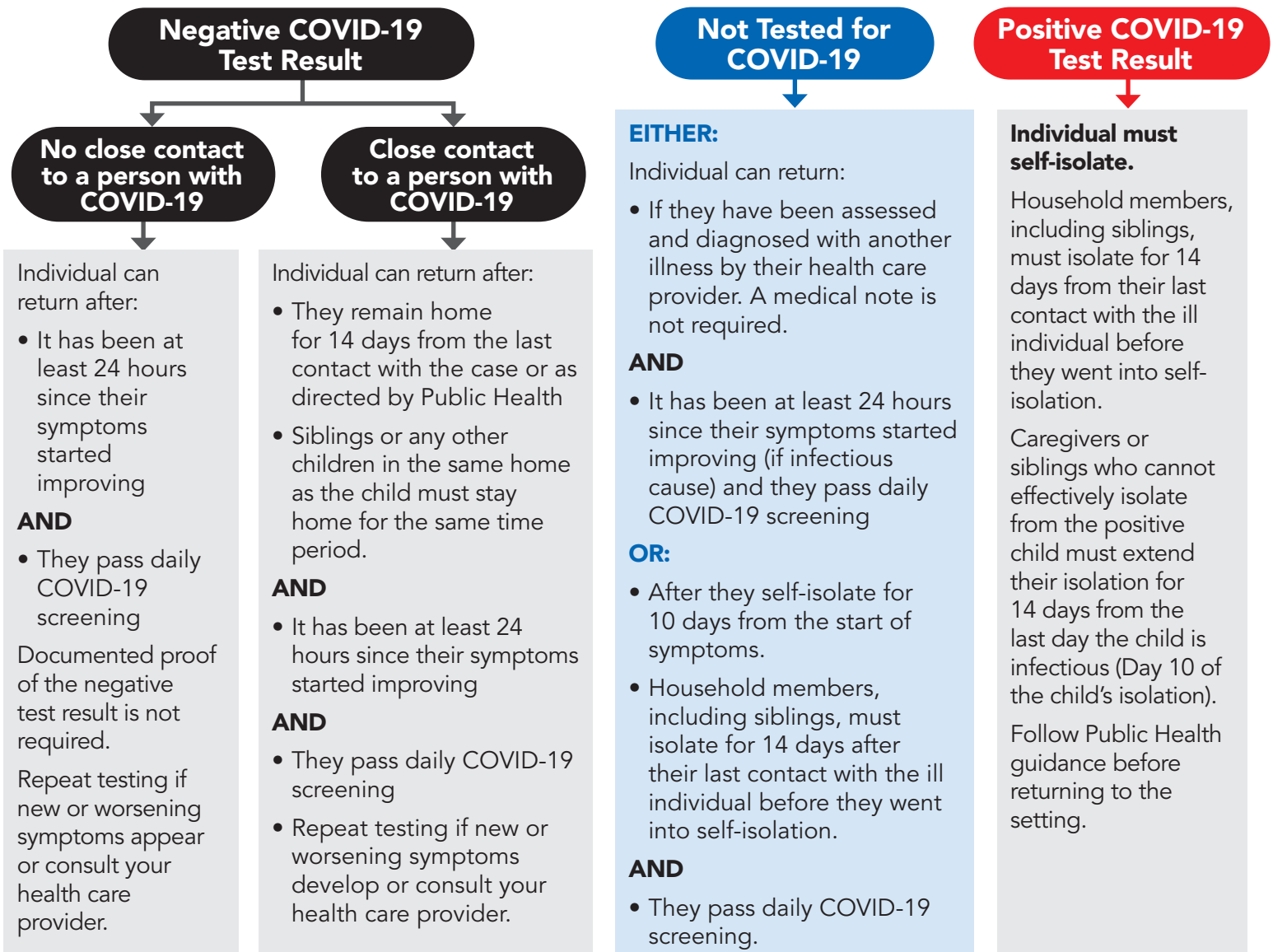
# COVID-19

## Return to early years and child care setting protocol for children/adults with symptoms

Adults include staff/licensed home child care provider (LHCC)/household member of LHCC provider, or parent/guardian/caregiver attending EarlyON Child and Family Centres. Children include children that attend an early years or child care setting or are household members of a LHCC provider.

If a symptomatic child/adult is tested for COVID-19 and are awaiting results, they and any household members\* must self-isolate and cannot attend the early years or child care setting in-person. Children can self-isolate with a caregiver, in order to support everyday needs and emotional wellbeing.

Before a child can return to child care, parents/guardians must complete re-entry screening in addition to daily COVID-19 screening. Individuals attending EarlyON Centres are not required to complete re-entry screening but must pass daily screening upon their return.



\*Household members who are health care workers may have the option in some circumstances to **work self-isolate**.

## 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.



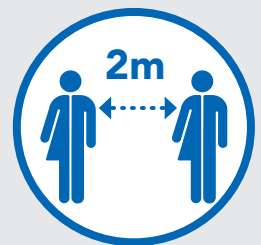
### Avoid contact with others

- 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](https://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](https://peelregion.ca/coronavirus/testing)

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For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

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