

What to do in the following scenarios

1. I am fine, my child has very mild symptoms (runny nose). I am holding them home from school, but not testing to see where things go (per the current recommendations).

You can go to work and should wear PPE and keep physical distance.

2. I am fine, my child has symptoms consistent with COVID and has tested negative.

You can go to work as you would normally.



3. I am fine, my child has symptoms that merited testing, but I don't have results.

You can go to work and should wear PPE and keep physical distance.

4. I am fine, my child has been sent home from school because of an exposure, but is also fine.

You can go to work as you would normally until scenario 1 or 2 develops.

5. I am fine, but my child has tested positive for COVID.

You can expect to be self-isolating for 14-24 days, as directed by Public Health.



7. I have tested positive for COVID.

You should stay off work until approved to return by Public Health.

6. I have symptoms compatible with COVID.

You should not come to work; go get tested and stay at home until you have a negative test and have no infectious symptoms (see Scenario 8).



8. I have tested negative, but have ongoing symptoms that include diarrhea or significant respiratory symptoms.

You should not come to work until your symptoms have resolved, as even if you do not have COVID-19, it is best to avoid spreading potentially infectious diseases of any kind at work.

***symptoms that indicate that your child should be tested now are:**

fever cough chills shortness of breath vomiting diarrhea loss of smell

Other symptoms, such as running nose and sore throat are more likely to be due to other pathogens

For information on **Quarantine Income Replacement** - visit **Doctors of BC Insurance & Benefits During COVID-19**

<https://www.doctorsofbc.ca/your-benefits/insurance/insurance-benefits-during-covid-19>



Email posh.covid@ubc.ca question, concerns, possible exposures, etc. POSH operates 8 am to 8 pm, Monday to Saturday and will get back to you as soon as possible

