



Kids are back to school! Although this should be an exciting time for you and your children - the pandemic has changed things. Below is a guide on what to do if you or your child has symptoms, has been tested for COVID-19, is quarantined, or if you have to self-isolate from any other exposure.

### If you are sick with any symptoms - stay home!

**My child has tested positive** but I have no symptoms

This is a high-risk exposure, and you need to self-isolate for 10 days post onset of your child's symptoms plus 14 days thereafter unless you also become a case — **Public Health rarely grants exemptions to health care workers who are household contacts of a case**

**My child has tested negative** but is still sick and I have no symptoms

**You can go to work.** As always, wear PPE, wash your hands, monitor for symptoms, and **go for testing if you develop symptoms.**

**My child is well** but has to stay home because someone tested positive at their school

**You can go to work.** Some staff are receiving financial assistance (i.e. no loss in pay) if you have to stay home to take care of a quarantined or sick child. We are working on helping out physicians. Doctors of BC has negotiated assistance in some cases ([click here for link](#)). We are seeking further clarifications - stay tuned.



### Always wear appropriate PPE at work!



**If you have to self-isolate because of any exposure,** and you are self-monitoring for symptoms but are so far asymptomatic or you have symptoms but have tested negative, **your child can attend school.**



Email [posh.covid@ubc.ca](mailto: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

