

# COVID-19 and Children

With children in school it is important to remember that COVID-19 is still impacting the health of communities. The Delta variant is showing to be more infectious to both adults and children.

Saskatchewan pediatricians encourage you to continue watching for COVID-19 symptoms in children and consider adding testing to your daily routine.

## Self-Testing Program for Schools Fall 2021 - Contact your school for a free kit:

- Will initially be available in all Regina Public elementary schools for families with children 11 years old and younger
- Gentle and easy to use nasal swab, instructions are provided in the testing kit
- Kits are free
- Provides early identification of COVID-19, reducing outbreaks where kids live, work and play

## COVID-19 in Children:

Symptoms of COVID-19 and cold and flu can be found here: [www.canada.ca/flu](http://www.canada.ca/flu)

### Monitor Daily for COVID-19 Symptoms:

Fever	Cough
Sore throat	Diarrhea
Nausea, vomiting	Stomach pain
Fatigue	

### Other symptoms to watch for:

Rash  
Headache

### Most children have no symptoms or mild symptoms

It is hard to know the difference so **TEST and TEST OFTEN**

Testing is an important layer of protection for you and your family and we recommend testing twice per week. We **STRONGLY ENCOURAGE** all household members who may have COVID-19 symptoms to call HealthLine 811 to arrange for a lab (PCR) test at a local COVID-19 testing site in your community or drive-thru testing site if available in your area.



### Parent Information Session

Oct 5 @ 1200



Oct 5 @ 1800



## How Best to Protect Children:

- get vaccinated if you are eligible (12 years and older)
- participate in at home self-testing for COVID-19
- wash your hands often
- wear a mask
- stay home if you are sick
- symptomatic testing requires a lab (PCR) test
- physically distance when you can
- clean and disinfect high-touch surfaces everyday

### For More Information Follow These Links



[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)



Self-Testing at Home