

# Sharing Child Custody and Co-Parenting during COVID-19

*The COVID-19 pandemic may be challenging to parents who are not living together but are co-parenting their children. Below are some tips to help you work together during this stressful time.*



## Stick to the court-ordered parenting schedules as much as possible

- Regular parenting time and custody schedules should be kept unless someone is self-isolating or under quarantine.
- If you think the other parent is not taking the necessary health precautions to prevent the spread of COVID-19, consider obtaining legal advice.
- Do not take advantage of this health crisis to prevent your child from having contact with the other parent.

## Reduce the risk of spreading COVID-19

- To model good prevention behaviour, ensure that both homes are taking measures to prevent the spread of COVID-19 such as:
  - regular hand washing
  - cleaning and sanitizing frequently touched objects
  - staying home as much as possible
  - practising physical distancing
  - wearing a face mask or covering in indoor and outdoor public spaces
  - getting vaccinated as soon as you can
- When carrying out parenting exchanges, do it where you can keep a safe physical distancing of two metres (or six feet) from the other parent, and wash your child's toys, clothing, and personal belongings each time they return from their other parent.
- Follow public health guidance if you or your child has COVID-19 or have been exposed to someone with COVID-19.
- If you are caring for someone with COVID-19 or are pregnant or caring for a new baby at home and have COVID-19, ensure that you are taking measures to prevent spreading the virus.

## Parenting Exchanges with a positive family member

- To prevent the spread of COVID-19 infection, it is recommended that parenting exchanges be deferred until the isolation period is over, and the person isolating is feeling better, and no longer has a fever. Although it is not recommended, child custody trumps isolation rules, meaning an exchange can still be allowed to happen if agreed upon by both parents.
- Any household members exposed to a positive case needs to complete their isolation period starting the day of the exposure to the positive case.

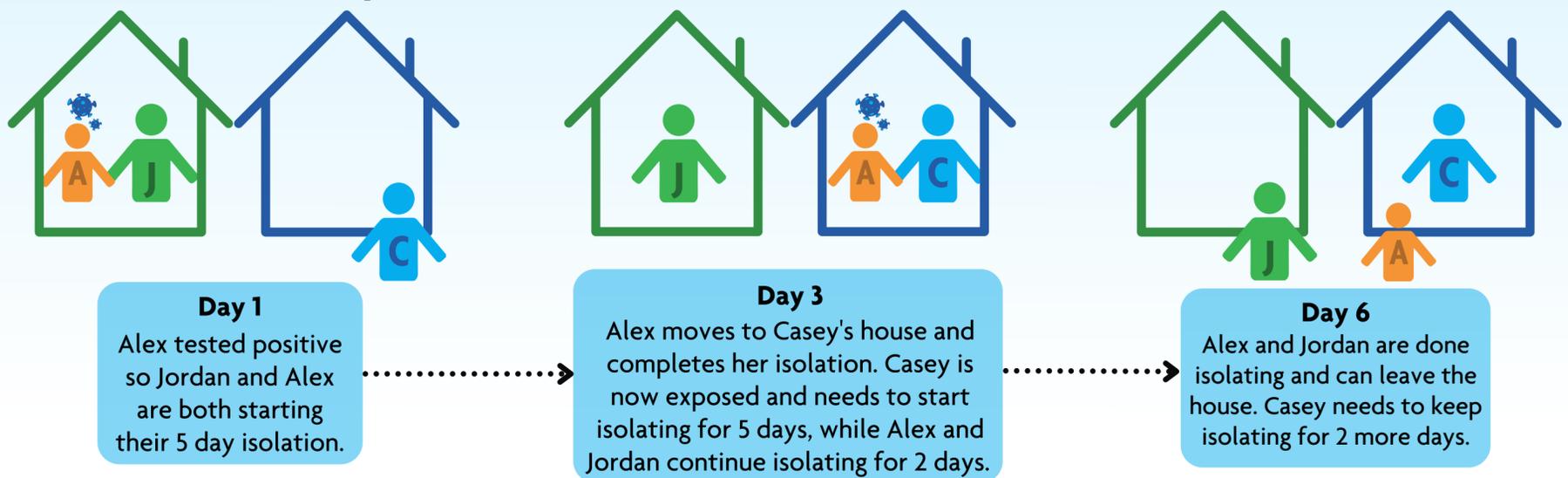
## Here are three scenarios that clarify isolation guidelines during and after parental exchange:

Jordan and Casey share joint custody of their daughter, Alex. Together they have decided to maintain the agreed upon schedule despite a potential exposure to COVID-19. Alex is going from Jordan's supervision to Casey's. In these scenarios, the isolation period is 5 days.

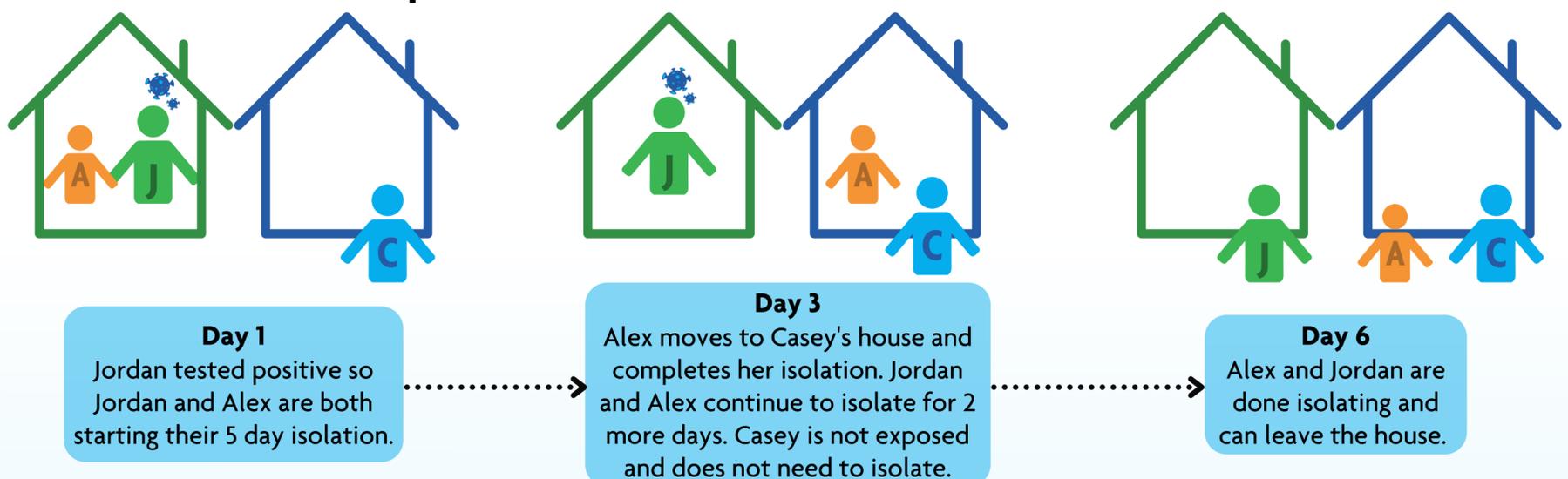
### For more legal information or support

- Legal Aid Ontario: 1-800-668-8258
- Law Society of Ontario: 1-800-668-7380
- Law Society Referral Service: 1-855-947-5255

### Scenario 1: Alex tested positive for COVID-19



### Scenario 2: Jordan tested positive for COVID-19



### Scenario 3: Casey tested positive for COVID-19



For more information, visit our website at [phu.fyi/covid-support](https://phu.fyi/covid-support) or call us at 705-360-4819 or toll free at 1-800-461-1818.