

Daily Health Checklist

PLEASE CHECK YOUR CHILD FOR THESE SYMPTOMS BEFORE
THEY HEAD TO SCHOOL



Key Symptoms of Illness

1. Does your child have any of the following symptoms?

- Fever
- Shortness of breath
- Chills
- Diarrhea
- Cough or worsening of chronic cough
- Loss of sense of smell or taste
- Nausea and vomiting

2. International Travel Have you returned from travel outside
Canada in the last 14 days?

3. Confirmed Contact Are you a confirmed contact of a person
confirmed to have COVID-19?

If you answered YES to any of these questions please proceed to
Page 2.



If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Key Symptoms of Illness’ or if they have fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or a nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and the symptoms have improved.

When a COVID-19 test is recommended by the health assessment:

- If the COVID-19 test is positive, your child should stay home until you are told by public health to end self-isolation. In most cases, this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- **If the COVID-19 test is negative,** your child can return to school once symptoms have improved and your child feels well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- **If a COVID-19 test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and the symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then your child may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and your child feels well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should be tested for COVID-19.

A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.

