

## Appendix N – Daily Health Check – Parents/Guardians

Daily Health Check			
<b>1. Key Symptoms of Illness</b>	<b>Does your child have any of the following symptoms?</b>	<b>Circle One</b>	
	Fever	<b>Yes</b>	<b>No</b>
	Chills	<b>Yes</b>	<b>No</b>
	Cough or worsening of chronic cough	<b>Yes</b>	<b>No</b>
	Shortness of breath	<b>Yes</b>	<b>No</b>
	Loss of sense of smell or taste	<b>Yes</b>	<b>No</b>
	Diarrhea	<b>Yes</b>	<b>No</b>
	Nausea and vomiting	<b>Yes</b>	<b>No</b>
<b>2. International Travel</b>	Have you returned from travel outside of Canada in the last 14 days?	<b>Yes</b>	<b>No</b>
<b>3. Confirmed Contact</b>	Are you a confirmed contact of a person confirmed to have COVID-19?	<b>Yes</b>	<b>No</b>

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), the student should stay home for 24 hours from when the symptom started. If the symptom improves, the 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 ‘Symptoms of Illness’ or the child has a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, the child should not return to school until COVID-19 has been excluded and their symptoms have improved.

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

- If the COVID-19 test is **positive**, the 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**, the child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless they 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 child's symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then the child may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, the child can return to school when symptoms improve and they feel 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 the child should seek testing 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.**

### PARENTS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete this daily for my child before they arrive on-site. I will review this checklist daily when assessing my child.

Once you have reviewed this document, please consent as per school’s process confirming that you understand this and that you will assess your child daily for symptoms.