

# COVID-19

## SCREENING CHECKLIST FOR PARENTS



Every student must complete a daily-self screening questionnaire before going to school. Students with chronic symptoms due to a medically diagnosed condition other than COVID-19, should look for new, different or worsening symptoms.

This document was updated: October 14, 2020

### EVERY MORNING, BEFORE MY CHILD GOES TO SCHOOL

- Complete the daily school screening
- No symptoms \* = off to school! Remember to bring your mask
- My child has a symptom! What should I do now?
  - Follow the recommendations from the school screening
  - Advise the school that your child is staying home today
  - If testing is recommended, call your local assessment centre. If you do not have an assessment centre in your community, call the Porcupine Health Unit or your health care provider
  - If your child is tested, they must continue to self-isolate and cannot attend school while waiting for their test result

<https://covid-19.ontario.ca/school-screening/>

#### \* Remember:

A student who is a close contact of a person with COVID-19, or who has travelled outside of Canada, cannot attend school even if they do not have symptoms

- For both cases, the student will be required to self-isolate for 14 days, even if they don't have symptoms
- If the child who is a close contact develops symptoms, their household members will need to isolate until COVID-19 is ruled out



Adapted from Toronto Public Health

## HOUSEHOLD MEMBERS

- Parents, siblings and other household members of a symptomatic child do not need to be sent home, are not required to self-isolate and are not required to be tested for COVID-19 if they DO NOT have any symptoms
- Household members should self-monitor closely for symptoms, self-isolate if any symptoms occur and arrange to be tested

## CHILDREN WITH SYMPTOMS



Fever >37.8°C



Cough



Difficulty breathing



Loss of taste or smell

If a student has any new or worsening symptoms of **[fever, cough, difficulty breathing or loss of taste/ smell]**:

- The student must stay home, self-isolate, and get tested or contact their health care provider
- Household members will have to self-monitor for symptoms. They may go to school/childcare or work if they don't have symptoms and the child is not a close contact of someone with COVID-19



Sore throat, painful swallowing



Stuffy/runny nose



Headache



Nausea, vomiting, diarrhea



Feeling unwell, muscle aches, tired

If a student has **ONE** of following symptoms of **[sore throat, stuffy/ runny nose, headache, nausea/ vomiting/ diarrhea, muscle ache/ fatigue]**:

- The child must stay home for 24 hours
- They can return to school after 24 hours if the symptom is improving. Testing is not needed
- If the symptom is not improving after 24 hours or is getting worse, the student should stay home, self-isolate and get tested or contact a health care provider

\* In general, children with vomiting/diarrhea should stay home for 48 hours, for prevention of spread of gastrointestinal infections

If a student has **TWO** of following symptoms of **[sore throat, stuffy/ runny nose, headache, nausea/ vomiting/ diarrhea, muscle ache/ fatigue]**:

- The student must stay home, self-isolate, and get tested or contact their health care provider

Adapted from Toronto Public Health

## NEGATIVE TEST RESULT

- Your child does not have a fever (without using medication); AND;
- Your child's symptom(s) have been improving for at least 24 hours; AND;
- Your child is not a close contact of a confirmed case or has not travelled outside of Canada
- Your child can return to school

Documented proof of the negative result is not required

### WHAT DOES A NEGATIVE RESULT MEAN?

- A negative test result means the test did not identify COVID-19 in the sample that was collected
- This **does not** mean that the individual cannot be exposed to, test positive for or show symptoms of COVID-19 at any time after their test
- If any new symptoms develop, follow the screening protocol again



## POSITIVE TEST RESULT

- Your child must self-isolate for 10 days
- Family members of the child who test positive should self-isolate and follow public health advice
- After 10 days:
  - Your child does not have a fever (without use of medication); AND;
  - Your child's symptom(s) have been improving for 24 hours; AND;
  - Your child can return to school, as advised by Public Health

### IMPORTANT:

- The Porcupine Health Unit will be in contact with every positive case to provide recommendations
  - Guidance for household members will also be provided
- Close contacts will be identified, contacted and guidance provided as appropriate
- If your child is identified as a close contact the PHU will contact you

Adapted from Toronto Public Health

## CHILDREN WHO ARE NOT TESTED

If testing is recommended for your child, and they are not tested:

- Your child must self-isolate for 10 days from the date their symptoms first appear
- After 10 days:
  - Your child does not have a fever (without use of medication); AND;
  - Your child's symptom(s) have been improving for 24 hours
  - Your child can return to school

### ALTERNATIVE DIAGNOSIS:

- Students with an alternative diagnosis from a health care provider that is NOT COVID-19 related can return to school once their symptoms have been improving for 24 hours
- A note from a health care provider is not required

## CHILDREN WHO ARE CLOSE CONTACTS OF SOMEONE WITH COVID-19

Children who are deemed close contacts to a person with COVID-19 must:

- Stay home; AND;
- Self-isolate for 14 days from their last date of exposure

### HOW CAN I VIEW MY CHILD'S COVID-19 TEST RESULT?

- Have your child's health card ready
- Using the online portal, results can be accessed in a fast and secure way through your computer or mobile device
- Let the assessment centre know If you do not have access to a computer or mobile device

<https://covid-19.ontario.ca/>



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