

COVID-19 Parent/Caregiver Screening Tool - Should My Child Attend School?

Use this tool daily to help determine if your student can attend school.

This version is current as of September 11, 2020 and can be used in advance of the school screening tool for parents coming from the province. Please note that this tool may change if the local COVID-19 situation changes.

Please answer all the questions in order until you receive specific instructions in the survey for your child.

1. Has your child travelled outside of Canada in the last 14 days?

- YES**
- Your child should be self-isolating for 14 days upon returning to Canada. This is mandatory under the Federal Quarantine order. Follow instructions provided at the border crossing and see - [Quarantine Order and Instructions](#)
 - Inform your school of your child's absence using the school's process
- No** Proceed to question number two

2. In the last 14 days, has your child been in close contact* with a person with COVID-19 or someone you thought had COVID-19?

*Being in 'close contact' means within 2 metres of someone for more than 15 minutes in total or living in the same home as that person.

- YES**
- Your child should stay home and self-isolate. Contact Northwestern Health Unit for further direction.
 - Inform your school of your child's absence using the school's process
- NO** Proceed to question number three

3. Does your child have any one (or more) of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8°C or higher)
 - Chills
 - New or worsening cough
 - Barking cough or making whistling when breathing (croup)
 - Shortness of breath (out of breath, unable to breathe completely)
 - Sore throat (not related to allergies or other known conditions)
 - Trouble swallowing
 - Runny, stuffy or congested nose (not related to seasonal allergies or other known causes or conditions)
 - Lost sense of taste or smell
 - Pink eye (conjunctivitis)
 - Headache that's unusual or long lasting
 - Nausea, vomiting, diarrhea, or stomach pain (not related to other known causes or conditions)
 - Muscle aches
 - Unexplained fatigue (lack of energy)
 - Sluggishness or lack of appetite (especially in young children)
- YES** Proceed to question number four
- NO** Your child may attend school

4. Are the symptoms new, unusual or atypical for your child?

* Children with allergies or other pre-existing medical conditions may have some symptoms that you would consider 'normal' for them (and therefore not unusual or atypical). You should answer 'yes' if any symptom is new or unusual for your child.

- YES** Your child has symptoms consistent with COVID-19
- Self-isolate.
 - Contact your local COVID-19 Assessment Centre for testing
 - Inform the school of your child's absence using the school's process
- NO** Your child may return to school 24 hours after symptoms resolve.



**Northwestern
Health Unit**

www.nwhu.on.ca

Instructions for Self-Isolating

- **Stay inside your home.** Do not exit your house for any reason, except to get medical attention.
- If you need to seek medical attention, always keep 2 metres (6 feet) of physical distance from others and use a mask or face covering.
- Stay away from seniors and people with chronic medical conditions (ex. diabetes or compromised immune systems).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one. Make sure that shared rooms have good airflow.
- If you cannot stay separated, keep a distance of at least 2 metres from others at all times.
- Use a mask or face covering if you cannot maintain a 2 metre distance.
- Wash your hands often with soap and water and clean and disinfect commonly touched surfaces frequently (at least twice daily)
- If you live in an apartment or condo, do not go into any communal or shared areas, such as hallways, gyms, public washrooms, elevators, stairwells, laundry rooms, etc.
- If you need groceries, medication or other essential items, arrange to have someone else who is not self-isolating do this for you. Have items left at your door to minimize contact. If you can't find someone to do this, call 211 or visit www.211north.ca
- **Close contacts** (e.g. household members) of someone who is self-isolating with symptoms:
 - Self-isolate if the person being tested had an exposure (international travel, contact with a confirmed case of COVID-19, worked or attended a facility that is under an outbreak of COVID-19 in the past 14 days).
 - Self-monitor if the person being tested did not have an exposure
 - If a close contact develops symptoms, they should self-isolate immediately and seek testing.
 - Close contacts can discontinue self-isolating OR self-monitoring if the COVID-19 test for the person with symptoms is negative.

Testing Information

- To get tested, contact your local assessment centre. <https://www.nwhu.on.ca/covid19/Pages/self-assessment.aspx>
- For more information, visit nwhu.on.ca/covid19 or call our COVID-19 hotline at 1-866-468-2240.



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