Complete this self-assessment daily before sending your child to school, child care or before/after school care

Before sending your child to school, child care or before and after school programming, assess your child for NEW, WORSENING or UNEXPLAINED symptoms related to COVID-19. If you are concerned about your child’s symptoms, consult your health care provider. If your child has pre-existing symptoms or underlying health conditions, not related to COVID-19, share this information with your school, child care or before and after school programming so they are aware of possible related symptoms.

Do you/the child or any member of your household have any of the following common symptoms of COVID-19:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>FEVER (temperature of 37.8°C or greater)</td>
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<tr>
<td>NEW OR WORSENING COUGH</td>
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<tr>
<td>SHORTNESS OF BREATH</td>
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<tr>
<td>SORE THROAT OR DIFFICULTY SWALLOWING</td>
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<tr>
<td>ALTERED SMELL OR TASTE</td>
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<tr>
<td>NAUSEA/VOMITING, DIARRHEA, ABDOMINAL PAIN</td>
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<tr>
<td>RUNNY NOSE, OR NASAL CONGESTION (unrelated to seasonal allergies, post nasal drip)</td>
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</tr>
</tbody>
</table>
Other less common symptoms of COVID-19 can include:

- Tiredness, feeling unwell or muscle aches
- Worsening of chronic conditions
- Chills
- Headaches
- Croup
- Pink eye
- Red/purple discolouration to hands, fingers, feet and/or toes, and skin may peel (COVID-toes)
- Increased tiredness/fatigue
- Difficulty feeding in infants

*These symptoms are less common and may occur in children or people living with a developmental disability

For an up-to-date list of all symptoms, visit york.ca/covid19

In the last 14 days has your child:

Had close contact* with a confirmed or probable COVID-19 case? □ Yes □ No
Had close contact* with a person with acute respiratory illness who has been outside Canada, including the United States? □ Yes □ No

If you answered yes to any of the symptoms or questions above:

- Stay home. Your child should not go to school, child care or before and after school programming
- Seek assessment and testing as early as possible at a COVID-19 Assessment Centre and self-isolate while waiting for result
- If test result is negative, self-isolate for 24 hours after symptom resolution, unless you have been a close contact* of an existing COVID-19 case in which case please follow instructions from York Region Public Health and isolate for 14 days since last contact
- If test result is positive or test is not completed, self-isolate for 14 days (including any members of your household or people you had close contact* with from 48 hours before symptom onset) and contact York Region Public Health

Travel

If your child has travelled outside of Canada, including the United States in the last 14 days your child must self-isolate for 14 days. If your child develops symptoms of COVID-19 while in self-isolation, seek assessment and testing at a COVID-19 Assessment Centre.

*A close contact is a person who has been within 2-metres of someone positive for COVID-19 or with symptoms of COVID-19 for greater than ten minutes.