

DAILY HEALTH CHECK FOR STUDENTS

This tool is for parents and caregivers to assess their child prior to coming to school.

Parents and caregivers are required to assess their child daily **BEFORE** sending the child to school.

1. Key Symptoms of Illness	Does your child have the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Has your child returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed contact	Is your child a confirmed contact of a person confirmed to have COVID-19?	YES	NO

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 your child feels 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 your child has a fever, seek a health assessment. A health assessment includes calling 8-1-1 or the Northern Health Virtual Clinic and Information Line at 1-844-645-7811. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and your child’s 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 you feel 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 your child’s 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 you 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 the 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 your 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.