

COVID-19 STUDENT SCREENING TOOL

SHOULD MY CHILD ATTEND SCHOOL OR CHILD CARE?

*This screening tool is based on the Ontario COVID-19 Screening Tool for Children in School and Child Care (Version 1 – October 1, 2020), and has been adapted to reflect the local context in Simcoe Muskoka.

1. Does your child have any of the following new or worsening symptoms? Symptoms should not be chronic or related to other known causes or conditions.

<input type="checkbox"/> Fever and/or chills (temperature of 37.8°C/100.0°F or greater)	<p>If you answered “YES” to <u>any</u> of these symptoms:</p> <ul style="list-style-type: none"> •Your child should stay home to isolate immediately. •Visit an assessment centre for testing and/or seek medical advice, if required. <p>If you answered “NO” to <u>all</u> of these symptoms, proceed to question 2.</p>
<input type="checkbox"/> Cough (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) <i>Not related to other known conditions (e.g. asthma, reactive airway, etc.)</i>	
<input type="checkbox"/> Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze that is worse than usual if chronically short of breath) <i>Not related to other known causes or conditions (e.g. asthma)</i>	
<input type="checkbox"/> Decrease or loss of smell or taste (new olfactory or taste disorder) <i>Not related to other known causes or conditions (e.g. nasal polyps, allergies, neurological disorders)</i>	

2. Does your child have any of the following new or worsening symptoms? Symptoms should not be chronic or related to other known causes or conditions

<input type="checkbox"/> Sore throat (painful swallowing or difficulty swallowing) <i>Not related to other known causes or conditions (e.g. post nasal drip, gastroesophageal reflux)</i>	<p>If you answered “YES” to <u>two or more</u> of these symptoms:</p> <ul style="list-style-type: none"> •Your child should stay home to isolate immediately. • Visit an assessment centre for testing and/or seek medical advice, if required. <p>If you answered “YES” to <u>only one</u> of these symptoms:</p> <ul style="list-style-type: none"> •Your child should stay home for 24 hours from when the symptom started. •If the symptom is improving, your child may return to school/child care when they feel well enough to do so (and as per the exclusion policy of your child care centre, if relevant). A negative COVID-19 test is not required to return. •If the symptom does not improve or worsens, visit an assessment centre for testing and/or seek medical advice, if required. <p>If you answered “NO” to all of these symptoms, proceed to questions 3, 4 and 5.</p>
<input type="checkbox"/> Stuffy nose and/or runny nose (nasal congestion and/or rhinorrhea) <i>Not related to other known causes or conditions (e.g. seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)</i>	
<input type="checkbox"/> Headache that is new and persistent, unusual, unexplained, or long-lasting <i>Not related to other known causes or conditions (e.g. tension-type headaches, chronic migraines)</i>	
<input type="checkbox"/> Nausea, vomiting and/or diarrhea <i>Not related to other known causes or conditions (e.g. transient vomiting due to anxiety in children, chronic vestibular dysfunction, irritable bowel syndrome, inflammatory bowel disease, side effect of medication)</i>	
<input type="checkbox"/> Fatigue, lethargy, muscle aches or malaise (general feeling of being unwell, lack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained <i>Not related to other known causes or conditions (e.g. depression, insomnia, thyroid dysfunction, anemia)</i>	

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<p>3. Has your child travelled outside of Canada in the past 14 days? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>If you answered “YES” to question 3, question 4 OR question 5:</p> <ul style="list-style-type: none"> •Your child should stay home to isolate immediately and follow the advice of the Simcoe Muskoka District Health Unit. •If your child develops symptoms, you should visit an assessment centre for testing and/or seek medical advice, if required.
<p>4. Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by your local public health unit (or from the COVID Alert app if they have on their own phone)? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	
<p>5. Has your child been directed by a health care provider including public health official to isolate? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	
<p>If you answered “NO” to all of these symptoms, proceed to the end of this checklist.</p>	

If you answered “YES” to any of the questions in the above screening tool, please follow the advice provided.

- To find out when your child can return to school/child care please refer to the SMDHU’s resource [“My child did not pass the COVID-19 daily screening. Now what?”](#)

If you answered “NO” to all of the questions in this screening tool, your child may attend school.

Please Note: After developing symptoms, in general, children should no longer have a fever and their symptoms should be improving to be able to return to school/child care. Mild symptoms known to persist in young children (e.g. runny nose or mild cough that may persist following infections) may be ongoing at time of return to school/child care if other symptoms have resolved.

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Frequently Asked Questions (FAQs)

1. My child has woken up not feeling well, what do I do?

If you notice that your child has **new or worsening** symptoms, what you do depends on the symptoms and how usual they are for your child. If your child has new or worsening:

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

Your child should isolate immediately and you should visit an assessment centre for testing and/or seek medical advice, if required.

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) that includes:

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea/vomiting/diarrhea
- Fatigue/lethargy/muscle aches/malaise

Your child should stay home for 24 hours to be monitored to see whether the symptom gets better or worse. If they start to feel better and symptom are improving, they can return to school/child care when well enough (and in accordance to school/child care policy) to do so and no COVID-19 testing is needed.

If the symptoms get worse, you should visit an assessment centre for testing and/or seek medical advice, if required.

If your child has **TWO or MORE** new or worsening symptoms (that are not related to a known cause or condition) that include:

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

Your child should isolate immediately and you should visit an assessment centre for testing and/or seek medical advice, if required.

To find out when your child can return to school/child care please refer to “My child did not pass the COVID-19 daily screening. Now what?”

2. My child has a runny nose, what should I do?

If your child's only symptom is a new or worsening runny nose, you should keep your child home and monitor their symptoms as you would in any other year. When they feel better, they are ready to go back to school/child care and no COVID-19 testing is needed. If they get worse or develop other symptoms, you should visit an assessment centre for testing and/or seek medical advice, if required. Mild symptoms known to persist in young children (e.g. runny nose) may be ongoing at time of return to school/child care if other symptoms have been resolved.

3. Who in my family needs to be tested along with my child?

If your child has been identified as needing a test and everyone else in the family is well, no testing of other family members is needed, and this additional testing would not fit within testing criteria at local assessment centres. If your child tests positive for COVID-19, the Simcoe Muskoka District Health Unit will contact you/your child and make a plan for additional testing of all close contacts.

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4. Do I need a note from a doctor before my child goes back to school/child care or a copy of a negative test result?

No, you do not need a note from your doctor or proof of a negative test before your child returns to school/ child care. However, your school may request that you complete an attestation form, indicating which option you have chosen for safe return to school. A [sample attestation form](#) is available on SMDHU's website.

5. What happens if I choose not to follow the advice on the screening tool and do not have my child tested or seen by a health care provider for their new or worsening symptoms?

If your child was not tested for COVID-19 and has not been given an alternate diagnosis, they must begin a self-isolation period for minimum of 10 days from the start of their symptoms. After self-isolating for 10 days, they may return to school or child care if they do not have a fever and if it has been at least 24 hours since their symptoms started improving.

6. I need more information to feel confident in my assessment, what do I do?

For additional information about COVID-19, please refer to the [SMDHU website](#) or contact Health Connection at 705-721-720 (toll free: 1-877-721-7520). If you have a question specific to your child's health, please contact your primary health care provider.

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