

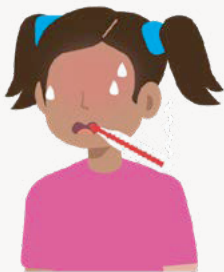
# Assess your child DAILY for SYMPTOMS OF COVID-19



Complete this self-assessment DAILY before sending your child to childcare or school settings.

Before sending your child to childcare or school settings, assess your child for NEW, WORSENING or UNEXPLAINED symptoms related to COVID-19. If you are concerned about your child's symptoms, please DO NOT send your child to childcare or school and contact your health care provider.

Common symptoms of COVID-19 include:



**FEVER**  
(temperature of 37.8°C or greater)

Yes  No



**NEW OR  
WORSENING COUGH**

Yes  No



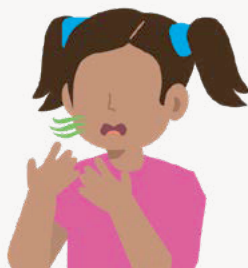
**SHORTNESS  
OF BREATH**

Yes  No



**SORE THROAT OR  
DIFFICULTY SWALLOWING**

Yes  No



**ALTERED  
SMELL OR TASTE**

Yes  No



**NAUSEA/VOMITING, DIARRHEA,  
ABDOMINAL PAIN**

Yes  No



**RUNNY NOSE, OR  
NASAL CONGESTION**  
(unrelated to seasonal allergies,  
post nasal drip etc.)

Yes  No

Self-Assess Daily Online:

<https://covid-19.ontario.ca/self-assessment/severe-symptoms>

Adapted from York Region



## Other less common symptoms of COVID-19 can include:

- |                              |                             |                                           |                              |                             |                                                                                               |
|------------------------------|-----------------------------|-------------------------------------------|------------------------------|-----------------------------|-----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Tiredness, feeling unwell or muscle aches | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Red/purple discolouration to hands, fingers, feet and/or toes, and skin may peel (COVID-toes) |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Worsening of chronic conditions           |                              |                             |                                                                                               |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Chills                                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | Increased tiredness/fatigue                                                                   |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Headaches                                 |                              |                             |                                                                                               |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Croup                                     |                              |                             |                                                                                               |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Pink eye                                  |                              |                             |                                                                                               |

\* 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:

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_reference\\_doc\\_symptoms.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf)

If your child has underlying health conditions, share this information with your childcare centre or school so they are aware of possible related symptoms.

## If your child has new, worsening or unexplained symptoms related to COVID-19:

- Do not enter and return home immediately
- 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 your local public health unit 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 Public Health
- If parents/guardians have symptoms of COVID-19, do not enter the childcare or school and seek assessment and testing at a COVID-19 Assessment Centre and self-isolate while waiting for result

for all