***Daily Health Check***

**If you think your child is ill, please keep them at home.**

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| 1. **Key Symptoms of Illness**
 | **Does your child have any of the following new key symptoms?** |
|  | Fever |
| Chills |
| Cough or worsening of chronic cough  |
| Breathing difficulties (breathing fast or working hard to breathe) |
| Loss of sense of smell or taste |
| Green mucous nasal discharge |
| Nausea and vomiting  |
| 1. **International Travel**
 | Have you returned from travel outside Canada in the last 14 days? |
| 1. **Confirmed Contact**
 | Are you a confirmed contact of a person confirmed to have COVID-19? |

**If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever)** the **child must stay home for 24 hours** from when the symptom started. If the symptom improves, you may return to a child care facility when you feel 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 ‘Key Symptoms of Illness’, or your child has a fever or difficulty breathing, seek a health assessment**. If a health assessment is required, your child should **not return** to the child care setting **until COVID-19 has been excluded and your symptoms have improved**.

**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 assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner.

**If a COVID-19 test is recommended** as a result of the health assessment, self-isolate while waiting for results.

* **If the COVID-19 test is positive**, self-isolate and follow the direction of public health.
* **If the COVID-19 test is negative**, return to the child care facility once well enough to participate.
* **If a COVID-19 test is recommended but not done**, self-isolate for 10 days after the onset of symptoms and return when you or the child are well enough to participate.