



# COVID-19 & Respiratory Viruses

Daily screening for children/students/adults. A parent/guardian can complete for their child.

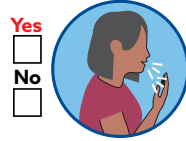
September 6, 2022

## 1. Do you have any of these new or worsening symptoms\*?

### A) One or more:



Fever > 37.8°C and/or chills



Cough



Trouble breathing



Decrease or loss of taste/smell

### B) Two or more:



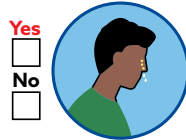
Sore throat



Headache



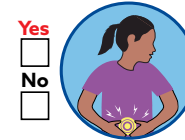
Feeling very tired



Runny nose/  
nasal congestion



Muscle aches/  
joint pain



Nausea/vomiting/  
diarrhea

## 2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)?

Yes   
No



If "YES" to Q.1 or 2 Stay home & self-isolate



Follow extra measures

## 3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms\*?

Yes   
No

- Abdominal pain
- Pink eye
- Decreased or no appetite



If "YES" Stay home until your symptom is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

## 4. Have you been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now? (e.g. by a doctor, federal border agent, public health)?

Yes   
No



If "YES" Stay home + Follow instructions you were given

## 5. Have you been told you are a close contact of someone who has symptoms OR someone who tested positive for COVID-19?

Yes   
No



If "YES" Follow extra measures + If symptoms\* develop, self-isolate right away

\*If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes". If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No".



# COVID-19 & Respiratory Viruses Screening Tool Next Steps

If you answered "YES" to any of the questions on page 1, follow the below instructions:

## Stay Home & Self-Isolate if You are Sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

## Follow Extra Measures:

For 10 days after the start of symptoms **OR** a positive COVID-19 test (whichever came first) **OR** for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:



- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);



- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at school while maintaining as much distancing as possible;



- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test.

These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.

## Follow Additional Guidance if Immunocompromised OR Living in a Highest-Risk Congregate Care Setting:

If residing in a highest-risk setting OR immunocompromised OR hospitalized for COVID-19 related illness, your isolation requirements may differ. See the [provincial screening tool](#) for additional guidance.

## Follow Additional Guidance as Instructed:

If you have you been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now (e.g., by a doctor, federal border agent, public health):

- Follow the guidance or directions that have been provided to you.
- If you travelled outside of Canada in the last 14 days, follow federal [requirements](#) for quarantine and testing after returning from international travel.

## Get Tested and Treated if Eligible:

- COVID-19 testing and treatments are available to certain groups. See [here](#) for more information.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening and Management of Cases & Contacts of COVID-19 in Ontario \(gov.on.ca\)](#)