



2021-2022 Glenlake Health Check

1. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
<p>If the child answered "YES" to any symptoms in question 1:</p> <ul style="list-style-type: none"> The child is required to isolate for 10 days from onset of symptoms as per CMOH Order 39-2021 OR receive a negative COVID-19 test and feel better before returning to activities Use the AHS Online Assessment Tool or call health Link 811 to arrange for testing and to receive additional information on isolation. <p>If the child answered "NO" to all the symptoms in question 1, proceed to question 2</p>		

2. Does the Child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as season allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as season allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigue Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction, or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes/conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes/conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes/conditions, such as tension-type headaches or chronic migraines	YES	NO
<p>If the child answered "YES" to ONE symptom in question 2:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours If their symptom is improving after 24 hours, they can return to activities when they feel well enough to go. Testing is not necessary If the symptom does not improve or worsens after 24 hours (or additional symptoms emerge), use the AHS Online Assessment Tool or call health Link 811 to check if testing is recommended. <p>If the child answered "YES" to TWO OR MORE symptoms in question 2:</p> <ul style="list-style-type: none"> Keep your child home Use the AHS Online Assessment Tool or call health Link 811 to check if testing is recommended Your child can return to activities once their symptoms go away as long as it has been at least 24 hours since their symptom started. <p>If the child answered "NO" to all the questions:</p> <ul style="list-style-type: none"> Your child may attend activities. 		

COVID-19 guide for parents of children going to school or childcare - children with symptoms part 1

Your child has one or more of these COVID-19 symptoms that are new, getting worse or not related to other known causes:



- fever
- cough
- shortness of breath
- loss of sense of smell or taste

Note: Chronic symptoms that can be explained by a pre-existing medical condition (such as allergies) are considered as part of your child's baseline health.

As long as these symptoms don't change, your child can go to school or childcare. Your child should have one negative COVID-19 test to set this baseline.

Advice

A COVID-19 test is recommended

Testing

Decide if your child will get a test for COVID-19

Yes

No

Do:

Book a COVID-19 test for your child

- Online: ahs.ca/testing
- By phone: Call Health Link at 811



Try to book your child's test within 24 hours of the start of symptoms

Do:

Go to the COVID-19 test with your child

OR

Before you have your child's test result

Test Result

Do:

Get your child's COVID-19 test result



It may take 1 to 3 days to get your child's test result

- If your child tests positive for COVID-19, someone from AHS will contact you
- Go to ahs.ca/results for more information about getting your child's COVID-19 test result



Positive Test Result



Negative Test Result

Next Steps

What to do

Your child **must** stay home and [isolate](#) for at least **10 days from the start of symptoms**.

Go to ahs.ca/isolation for more information.

Household members are not required to isolate as long as they have no COVID-19 symptoms.

What to do

Your child is no longer legally required to isolate, but should stay home from school, childcare and other public spaces until they feel better.

Household members are **not** required to isolate as long as they have no COVID-19 symptoms.

What to do

Your child **must** stay home and [isolate](#) for at least **10 days from the start of their symptoms**.

Household members are **not** required to isolate as long as they have no COVID-19 symptoms.

COVID-19 guide for parents of children going to school or childcare - children with symptoms part 2

Your child has one or more of these COVID-19 symptoms that are new, getting worse, or not related to other known causes:

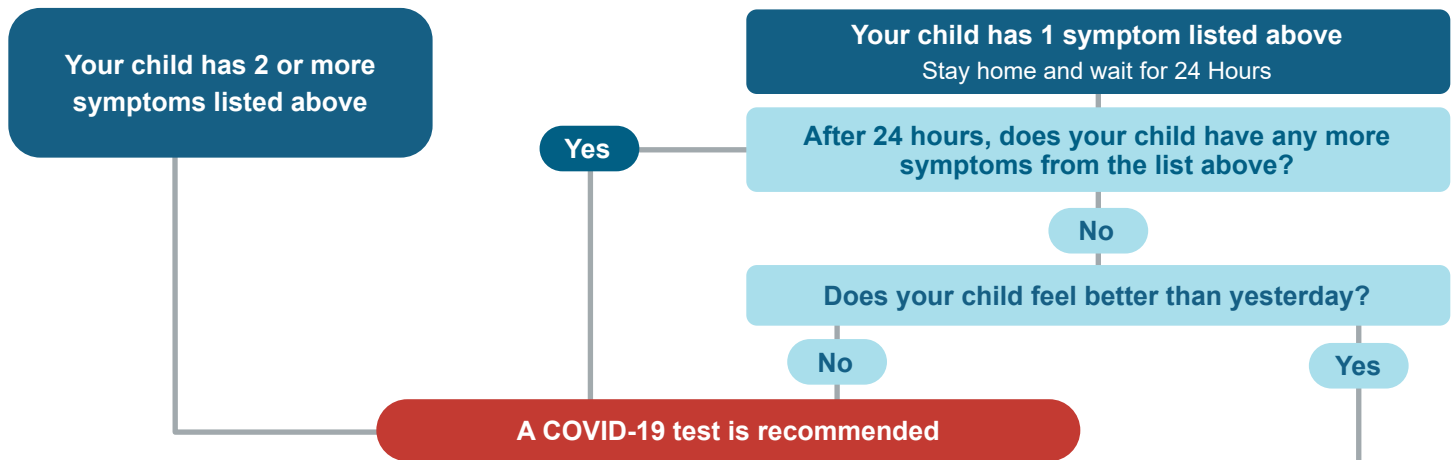
- chills
- sore throat or painful swallowing
- runny or stuffy nose
- feeling unwell or very tired
- feeling sick to their stomach (nausea) or vomiting or diarrhea
- unexplained loss of appetite
- muscle or joint aches
- headache
- pink eye (conjunctivitis)

Note: Chronic symptoms that can be explained by a pre-existing medical condition (such as allergies) are considered as part of your child's baseline health.

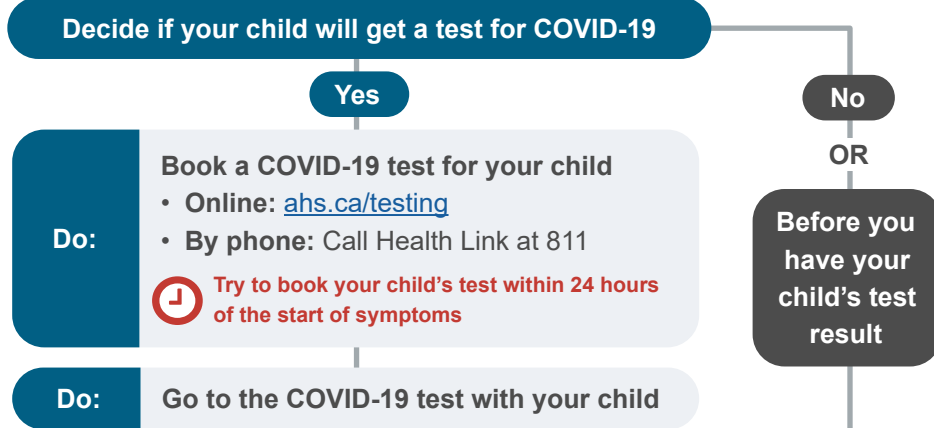
As long as these symptoms don't change, your child can go to school or childcare. Your child should have one negative COVID-19 test to set this baseline.

Advice

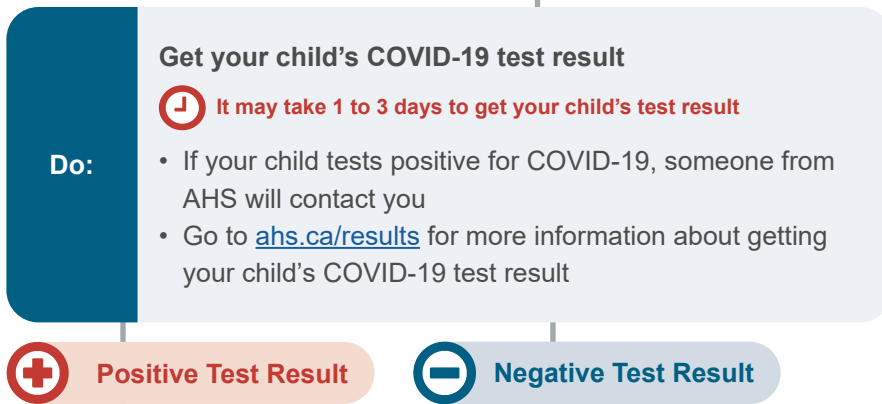
Your child should not go to school or childcare if they are feeling unwell



Testing



Test Result



Next Steps

What to do
Your child **must** stay home and **isolate** for at least **10 days from the start of symptoms**.

Go to [ahs.ca/isolation](https://www.ahs.ca/isolation) for more information.

Household members are not required to isolate as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:

- their symptoms go away **and**
- it has been at least 24 hours since the symptoms started

Household members are **not** required to isolate as long as they have no COVID-19 symptoms.

What to do
Your child can go to school, childcare, and other public places when:

- they feel well enough **and**
- it has been at least 24 hours since their symptom started

Household members are **not** required to isolate as long as they have no COVID-19 symptoms.