The most important thing families can do to help slow the spread of COVID-19, is to screen their children daily for any COVID-19 symptoms and keep them home from school if they are sick or have had close contact with anyone diagnosed with COVID-19.

Review this COVID-19 checklist daily with your child. Sign* below each day to confirm that your child does not have any symptoms or have had other exposure to COVID-19. We all have a role in keeping our schools safe and healthy.

Student Name: ___________________________________________

Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________
Date: ________________  Signature: ______________________

* Parent/Guardian of Kindergarten to Grade 8 students to sign. High school and adult students can sign themselves.
Do you have any of the following (new or worsening):

- Fever
- Cough
- Difficulty breathing
- Sore throat, trouble swallowing
- Runny nose or red eyes
- Loss of taste or smell
- Not feeling well, tired or sore muscles
- Nausea, vomiting, diarrhea

Have you been in close contact with someone who has confirmed COVID-19 in the past 14 days without wearing appropriate PPE?

Have you returned from travel outside Canada in the past 14 days?

If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider, to find out if you need a test.

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