



STOP Do not go to school if any of these apply to you.

Staff and students must use this questionnaire daily to decide if they should attend school. Parents should complete the screening on behalf of their school-aged children.

1. You have a fever and/or cough (new or worsening)

2. You have two or more of the following symptoms

- Sore throat or difficulty swallowing (not related to a known cause/condition)
- Unusual headache
- Unusual fatigue or lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea (more than 24 hours)
- Loss of sense of taste or smell
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions)
- Small red or purple spots on hands and/or feet in a child/young adult (if this is the only symptom, please read the information in Question #1 on the next page).

3. You have only one of the symptoms in #2

4. You have been in close contact with a known or suspected case of COVID-19 in the last 14 days

5. You travelled outside the Atlantic Provinces (New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador) or outside the communities along the Labrador-Quebec border (Labrador City, Wabush, Fermont, the Labrador Straits area and Blanc Sablon) in the last 14 days?

6. You have been in close contact with anyone who has travelled outside the Atlantic Provinces in the past 14 days and who has developed COVID-19 symptoms

Stay at home.

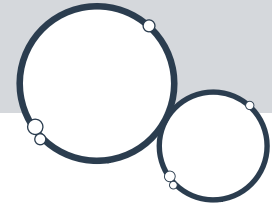
Use the online COVID-19 self-assessment tool, call 811, or contact your primary care provider.

Stay at home until you have been symptom-free for 24 hours without using fever-reducing medication. If your symptoms continue or get worse, complete the online COVID-19 self-assessment tool or call 811.

Stay at home

Follow the advice given to you by Public Health. If you have not been contacted by Public Health, use the online COVID-19 self-assessment tool to determine if you should seek testing.

Stay at home and use the online COVID-19 self-assessment tool to determine if you should seek testing.



1. What if my child has no other symptoms except small red or purple spots on their hands or feet?

Children 18 years of age or younger will require testing, but they may attend school in the meantime. This is because small red or purple spots on the hands and/or feet usually appear later in the disease when an individual is no longer able to infect someone else.

2. What if I have a positive test result?

If you get tested for COVID-19 and the test result is positive, you should stay home until you are told by Public Health to end self-isolation.

3. What if I have a negative test result?

If your COVID-19 test is negative, you can return to school once you have been symptom-free for 24 hours without the use of fever-reducing medication and you feel well enough.

4. The health assessment did not recommend that I get tested for COVID-19. What do I do?

If COVID-19 testing is not recommended, you can return to school when you have been symptom-free for 24 hours without the use of fever-reducing medication and you feel well enough.

5. Will I need to be tested again?

If you test negative, you do not need re-testing unless you develop new symptoms, or your symptoms get worse. If you get new symptoms or your symptoms get worse, complete the online COVID-19 self-assessment again.

6. What if someone in my house is self-isolating?

If someone in your house is self-isolating and does not have COVID-19 symptoms, you can attend school. If someone in your house is self-isolating and **does** have COVID-19 symptoms, call 811 and follow the advice you are given.

7. Where can I find the online COVID-19 self-assessment tool?

The online COVID-19 self-assessment tool can be found at gov.nl.ca/covid-19

Remember ... stay home if you feel sick.