



## Are you currently experiencing any of these issues? Call 911 if you are.

- **Severe difficulty breathing**  
(struggling for each breath, can only speak in single words)
- **Severe chest pain**  
(constant tightness or crushing sensation)
- **Feeling confused or unsure of where you are**
- **Losing consciousness**

If yes, call 911. If no, continue with the next questions.

## Are you currently experiencing any of these symptoms?

You should answer yes to any/all symptoms that are new and not related to seasonal allergies or pre-existing medical conditions.

- **Fever** (feeling hot to the touch, a temperature of 37.8 degrees Celsius/100.4 degrees Fahrenheit or higher)
- **Chills**
- **Cough that's new or worsening** (continuous, more than usual)
- **Barking cough, making a whistling noise when breathing** (croup)
- **Shortness of breath** (out of breath, unable to breathe deeply)
- **Sore throat** (not related to seasonal allergies or other known causes or conditions)
- **Difficulty swallowing**
- **Runny, stuffy or congested nose** (not related to seasonal allergies or other known causes or conditions)
- **Lost sense of taste or smell**
- **Pink eye** (conjunctivitis)
- **Headache that's unusual or long lasting**
- **Digestive issues like nausea/vomiting, diarrhea, stomach pain** (not related to other known causes or conditions)
- **Muscle aches that are unusual or long lasting**
- **Extreme tiredness that is unusual** (fatigue, lack of energy)
- **Falling down often**

If you answered yes to any of these symptoms, you should not attend school, and seek medical advice on testing.

If you are not experiencing any of these symptoms, continue to the next section.

## Are you in any of these at-risk groups?

- **Getting treatment that compromises (weakens) your immune system**  
(for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors)
- **Having a condition that compromises (weakens) your immune system**  
(for example, lupus, rheumatoid arthritis, immunodeficiency disorder)
- **Having a chronic (long-lasting) health condition**  
(for example, diabetes, emphysema, asthma, heart condition, COPD)
- **Regularly going to a hospital or health care setting for a treatment**  
(for example, dialysis, surgery, cancer treatment)

If you are in any of these groups, you should consider studying remotely.

## In the last 14 days, have you been in close physical contact\* with someone who...

- ... tested positive for COVID-19?
- ... is currently sick with new COVID-19 symptoms (like a cough, fever, or difficulty breathing)?
- ... returned from outside of Canada in the last 2 weeks with new COVID-19 symptoms (like a cough, fever, or difficulty breathing)?

If you answered yes to any of these questions, you should not attend school, and seek medical advice on testing.

\*Close physical contact means:

- being less than 2 metres away in the same room, workspace, or area for 15 minutes
- living in the same home

## Have you travelled outside of Canada in the last 14 days?

(This does not include essential workers who cross the Canada-US border regularly.)

If you answered yes to this question, you should not attend school until after a 14-day quarantine period. You should monitor for COVID-19 symptoms and seek medical advice if any symptoms occur.

If you have not answered yes to any of the preceding questions, and if you have no other reason to suspect that you may be carrying COVID-19, you may attend school.