

COVID-19 & Respiratory Viruses Screening Tool Next Steps

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

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 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 \(gov.on.ca\)](#)

COVID-19 and Respiratory Viruses

Decision Tool for Schools and Child Care Centres

For students in JK-Grade 12, child care attendees, and staff/visitors

Version 4.6. Updated September 15, 2022

Please note: that the terms *listed in the definition below* are referred to in this document. Their definitions for the purpose of this document are listed below and should only be interpreted exactly as defined.

Definitions:

Please note: Throughout the document the term "**individual**" is used. When this term is used, it is in reference to students, child care attendees and staff/visitors who attend a JK to Gr 12 School or Child Care Center.

- **Close contact:** Means being in close proximity (less than 2 meters) with someone who tested positive or has symptoms of COVID-19, for at least 15 minutes or for multiple short periods of time without consistent and appropriate use of masking. This also includes contact that occurred in the 48 hours before the symptoms began (or the positive test result) or while they had symptoms.
- **Highest Risk Settings:** Acute care settings (such as hospitals, including complex continuing care facilities); congregate living settings with medically and socially vulnerable individuals, including, but not limited to, long-term care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, correctional institutions, and hospital schools; and employer-provided living settings of International Agricultural Workers.
- **Immunocompromised:** Examples of immune compromise include cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20 mg/day (or equivalent) for more than 14 days, and taking other immune suppressive medications. Factors such as advanced age, diabetes, and end-stage renal disease are generally not considered severe immune compromise.
- **Positive for COVID-19:** For the purposes of daily screening, an individual is considered to be positive for COVID-19 if they have received a positive COVID-19 result (e.g. PCR, rapid antigen) or if they have symptoms of COVID-19.
- **Symptoms:** The [daily screening tool](#) lists thirteen symptoms to screen for each day. The symptoms are: fever/chills, cough, difficulty breathing, decrease or loss of taste or smell, sore throat, runny nose/nasal congestion, headache, feeling very tired, muscle aches/joint pain, nausea/vomiting/diarrhea, abdominal pain, conjunctivitis (pink eye), and decreased or lack of appetite. **To prevent community transmission of infectious diseases, all individuals with symptom(s) of any infectious illness should stay home when they are sick.**

COVID-19 and Respiratory Viruses symptom screening:

It is recommended that individuals continue to complete [a self-screening questionnaire](#) before entering school/child care each day. Individuals with a chronic health issue that is medically diagnosed and unrelated to COVID-19 should look for **new, different or worsening symptoms**.

Symptoms should not be chronic or related to other known causes or conditions (see examples [here](#)).

Stay Home and Self-Isolate if you are Sick

Self-Isolation means:

- Stay home and do not attend work, school, child care or other public places.
- Only leave home if there is a medical emergency or to get a clinical assessment or test. See [COVID-19 Clinical Assessments and Testing](#) for more information.

Follow Extra Measures means:

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.

A) Does the individual have 1 or more of these new or worsening symptoms on the symptom screener?



Fever >37.8°C
and/or chills



Cough



Difficulty breathing



Decrease or loss of
taste or smell

B) Does the individual have 2 or more of these new or worsening symptoms on the symptom screener?



Sore throat



Headache



Feeling very
tired



Runny nose /
nasal
congestion



Muscle aches
/ joint pain



Nausea /
Vomiting /
Diarrhea

C) Does the individual have any of these new or worsening symptoms?

- Abdominal pain
- Conjunctivitis (pink eye)
- Decreased or lack of appetite

Individual has 1 or more symptom(s) from list A) and / or 2 or more symptoms from list B)

- The individual is presumed to have COVID-19 or another respiratory virus, and they should not go to school or child care.
- **Next steps for the individual:**
 - **Stay home and self-isolate.** Stay home (self-isolate) until fever is resolved and symptoms have been improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).
 - **After self-isolation is completed, for a total of 10 days after the start of symptoms or positive COVID-19 test (whichever came first):**
 - **Follow extra measures.**
 - **Follow additional guidance if immunocompromised OR residing in a highest-risk setting OR hospitalized for COVID-19.**
 - Longer self-isolation is recommended for these populations. For additional guidance, see the [provincial screening tool](#).
 - **Follow additional guidance as instructed.**
 - If you have 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.
 - **Next steps for siblings and household members of the individual:**
 - **For a total of 10 days after your last close contact with a person who has COVID-19 symptoms or a positive COVID-19 test:**
 - **Self-monitor for symptoms.** Stay home (self-isolate) if you develop any symptoms of COVID-19 and seek testing if [eligible / available](#). Follow guidance under "[Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)](#)"
 - **Follow extra measures.**

Get Tested and Treated if Eligible:

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

Individual has no symptoms from list A) and only one symptom from list B) or list C)

- The individual should not go to school or child care.
- **Next steps for the individual:**
 - **Stay home** until symptom is improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).
- **Next steps for siblings and household members of the individual:**
 - Siblings and other household members do not need to stay home as long as they do not develop symptoms.
- **Following extra measures** can be an added layer of protection against the spread of COVID-19 and respiratory viruses.
- If the individual has one symptom from list B) or list C) AND was a close contact of someone in the household/community, they are to self-isolate and follow guidance under the section, "[*Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)*](#)".

Individual has symptoms and has an alternative medical diagnosis.

- If the symptoms are from a known health condition diagnosed by a healthcare provider (not related to COVID-19), the individual does not have to self-isolate and can attend school or child care.
- Symptoms should not be chronic or related to other known causes or conditions that the individual already has (see examples [here](#)). If the symptoms are new, different, or worsening, the individual should stay home and self-isolate, and follow guidance under the section, "[*Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)*](#)".

Individual has tested positive for COVID-19 (using a PCR, rapid molecular, or rapid antigen test)

- **Next steps for the individual:**
 - If sick or not well, even with symptoms not listed in this screening tool, stay home. Talk with a doctor if necessary.
 - If any new or worsening symptoms develop, stay home and self-isolate immediately. Follow guidance under "[*Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)*](#)".
 - Asymptomatic individuals with a positive test result do not need to self-isolate unless symptoms develop.
 - **For a total of 10 days after positive test date or for 10 days after the start of symptoms (whichever came first):**
 - **Follow extra measures.**
- **Next steps for siblings and household members of the individual:**
 - **For a total of 10 days after your last close contact with a person who tested positive for COVID-19:**
 - **Self-monitor for symptoms.** Stay home (self-isolate) if you develop any symptoms of COVID-19 and seek testing if [eligible / available](#). Follow guidance under "[*Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)*](#)".
 - **Follow extra measures.**

Individual has been identified as a close contact of someone with symptoms or with COVID-19. The individual has no symptoms.

- The individual may attend school or child care, as long as they do not have any symptoms.
- All cases in the school/child care settings are encouraged to notify their close contacts directly if they have significant one-on-one interactions, without wearing a well-fitted, high-quality mask.
- **Next steps for the individual:**
 - **For a total of 10 days after the last close contact with a person who has symptoms or a positive COVID-19 test:**
 - Self-monitor for symptoms.
 - If symptoms develop, stay home (self-isolate) and seek testing for COVID-19 if [eligible / available](#). Follow guidance under "[Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)](#)"
 - [Follow extra measures.](#)

Household member has symptoms of COVID-19 or tests positive

- The household member of the individual with COVID-19 symptoms / positive test result may attend school or child care, as long as they do not have symptoms.
- For information on how to protect themselves, household members should refer to Public Health Ontario's fact sheet, [Self-Isolation: Guide for caregivers, family members and close contacts](#).
- **Next steps for the household member:**
 - **For 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:**
 - Self-monitor for symptoms.
 - If symptoms develop, stay home (self-isolate) and seek testing if [eligible / available](#). Follow guidance under "[Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)](#)"
 - [Follow extra measures.](#)
 - **If additional household members develop COVID-19 symptoms:**
 - The individual with COVID-19 symptoms is to stay home (self-isolate) and follow guidance under "[Individual has 1 or more symptoms from A\) and/or 2 or more symptoms from B\)](#)"
 - The initial household member(s) with symptoms of COVID-19 do not have to extend their self-isolation based on other household members becoming ill.

Individual has travelled outside of Canada

- The individual must follow [federal requirements for travellers](#), for quarantine and testing after returning from international travel.

Individual has been told that they should currently be quarantining, isolating, staying at home, or not attending school or child care

- This could include being told by a doctor, health care provider, public health unit, federal border agency, or other government authority.
- The individual should not attend school or child care.

- **Next steps for the individual:**
 - Stay home and follow the guidance or directions that have been provided to you including when you can return to school or child care.
- **Next steps for siblings and household members of the individual:**
 - Siblings and other people in the home are not required to stay home, unless they were also told to quarantine, isolate, or stay home.

References

This tool is consistent with the Ministry of Health's (2022) [Management of Cases and Contacts of COVID-19 in Ontario](#) and the Government of Ontario's (2022) [COVID-19 School and child care screening](#).