

Should My Child Attend GYMNASTICS? — COVID-19 Screening Tool

You must screen your child for COVID-19 every day before going to the MITCHELL GYMNASTICS CLUB program.
Answer the following questions to help you decide if your child should or should not go to GYMNASTICS.
This screening cannot diagnose your child. If you have medical questions, contact your healthcare provider.

1 Has your child travelled outside of Canada in the last 14 days?

NO: Proceed to Question 2

YES: **Quarantine** for 14 days from the date your child returned to Canada. Inform the childcare centre/home of your child's absence.

2 In the last 14 days, has your child been in close contact* with a positive COVID-19 case, or been advised to self-isolate by public health?

*A close contact is someone who was closer than 2 metres/6 feet for more than 15 minutes, or is living in the same home.

NO: Proceed to Question 3

YES: Child must stay home and self-isolate. How to self-isolate: <https://bit.ly/2EmA5B0>
Call Huron Perth Public Health at 1-888-221-2133 ext 3267

3 Does your child have one or more of these symptoms?

- Fever (feeling hot to touch, a temperature of 37.8 degrees Celsius; 100.4 degrees Fahrenheit or higher);
- Chills;
- New or worsening cough;
- Barking cough, making whistling noise when breathing (croup);
- Shortness of breath (unable to breathe deeply or feeling unable to catch one's breath);
- Sore throat (not related to seasonal allergies or other known conditions); trouble swallowing;
- Changes in taste or smell (e.g. lost sense of taste);
- Nausea or vomiting (not related to other known causes or conditions);
- Diarrhea or stomach pain (not related to other known causes or conditions);
- Headache (long lasting or unusual);
- Runny nose or nasal congestion (not related to other known causes or conditions, for example: seasonal allergies, being outside in cold weather);
- Unexplained fatigue (lack of energy) or lack of appetite;
- Sore muscles (long lasting or unusual);
- Pink eye (irritated, itchy or painful eye that may have crusting or discharge);

NO: **Child may attend GYMNASTICS**

YES: Proceed to Question 4

4 Is this a normal or usual symptom for your child?

NO: Proceed to Question 5

YES: Proceed to Question 6

5 Does your child have an existing medical diagnosis (such as allergy, asthma, migraines) that explains the symptom(s)?

NO: Child has symptoms consistent with COVID-19. Child must stay home from GYMNASTICS. How to self-isolate at home: <https://bit.ly/2EmA5B0>. Call your primary healthcare provider to go through an assessment and to arrange for COVID-19 testing if so advised. Your doctor will let you know if household members must also isolate. If you do not have a family doctor, call Health Line at 1-888-221-2133 ext 3267. Inform the childcare centre/home of your child's absence.

YES: Proceed to Question 6

6 Has your child had close contact* with someone with new COVID-19 symptoms (like a cough, fever, or difficulty breathing) in the last 14 days?

*A close contact is someone who was closer than 2 metres/6 feet for more than 15 minutes, or is living in the same home.

NO: Child may attend childcare with chronic controlled symptoms, such as allergic rhinitis, under the supervision of your healthcare provider, or when they are symptom-free for at least 24 hours and have signs they are feeling well (e.g. eating, drinking and sleeping well, normal personality, enough energy for their daily activities). If symptoms worsen or do not resolve, seek a medical assessment. Inform the childcare centre/home of your child's absence.

YES: Child must stay home from GYMNASTICS and self-isolate. Call your primary healthcare provider to go through an assessment and to arrange for COVID-19 testing if so advised. Your doctor will let you know if household members must also isolate. If you do not have a family doctor, call Health Line at 1-888-221-2133 ext 3267. Inform the childcare centre/home of your child's absence.