

## Sick Children and COVID Management Newsletter

Discovery Preschool is committed to supporting the children and families during these uncertain times especially when you or your child gets sick.

We have created a checklist that you may use as a reference if your child becomes sick either at Discovery or at home during the evening or weekends. **It is imperative that you notify us if your child displays any of the following symptoms. Help us keep the schools COVID FREE!!**

### Here are some helpful tips to navigate what to do, and when:

**One or ALL** of the following should be done if your child may be experiencing the symptoms of COVID – 19. Please check off the symptoms that you or your child is experiencing.

- fever of 37.8 C or 100.4 F \_\_\_\_\_ When did it start? \_\_\_\_\_
- cough that's new or worsening (or barking like croup)
- shortness of breath,
- chills,
- sore throat,
- runny nose,
- nasal congestion, stuffy nose
- headache,
- Digestive issues such as diarrhea, stomach pain, vomiting
- pink eye (conjunctivitis)
- loss of smell,
- loss of appetite,
- general feeling of being unwell, tiredness.

1. Call Discovery Preschool and speak to Supervisor as soon as possible. **We will help you!**
2. Call Telehealth at **1-866-797-0000** and speak to a nurse - press 1 for English, 1 for COVID team **OR**
3. Call your child's doctor **OR**
4. **AND/OR** you can also do a self - assessment for your child online at [covid-19.ontario.ca](https://covid-19.ontario.ca)

If you or your child is instructed to have a COVID Test, please follow this procedure:

### **BE SAFE, TEST YOURSELF AND CHILD/REN**

**The nearest COVID Testing Centre is Markham Stouffville Hospital  
381 Church Street and offers testing from Monday to Friday 8am-7pm.  
Saturday & Sunday 8am to 4 pm.**

**You must pre-register – CALL 905-472-7670.**

**Follow COVID testing signs at hospital. DO NOT GO THROUGH EMERGENCY DEPT.**

If your child is displaying symptoms that are not related to COVID, the child is to be excluded from school until **24 hours** after the symptoms subside.

**If your child has been recommended to have a COVID test by Telehealth, Self-Assessment or your family Doctor, the child needs to be excluded from school until the COVID test results are confirmed.** All positive COVID results will indicate that the child needs to be excluded from child care for 14 days and must wait for public health notification that the child is able to return back to school.

If the child is displaying any symptoms of COVID and you decide not to have the child tested it is advised by public health that the child be excluded for the 14 day as mentioned above.

It is essential that you communicate clearly and honestly with Discovery as any COVID related symptoms in children **MUST** be reported as a Serious Occurrence to the ministry. It is expected that the school be timely in reporting and must follow up on these cases. **Your help is appreciated.**

