



# HOME MONITORING BEFORE GOING TO CHILD CARE

## WHO NEEDS TO COMPLETE THIS CHECK?

- Parents and guardians
- Staff



## WHAT DO YOU NEED TO CHECK FOR?

- Parents/guardians must check their children's temperature and their own temperature
- Staff must check their own temperature
- **Everyone** needs to monitor for signs and symptoms of COVID-19. Children, in particular, should be monitored for atypical symptoms and signs of COVID-19
- Any person(s) who has one or more symptoms outlined below, even if it resembles a mild cold, **should stay home and report their symptoms to the child care centre.**

### SYMPTOMS OF COVID-19

- Fever (temperature of 37.8 C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)
- Sore throat
- Difficulty swallowing
- Loss sense of smell or taste
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion - in absense of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.

### ATYPICAL SYMPTOMS OF COVID-19

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention).
- Unexplained or increased number of falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children.

### SIGNS OF COVID-19

- Clinical radiological evidence of pneumonia

### ATYPICAL SIGNS OF COVID-19

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O2 sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

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ALTERNATE FORMATS AVAILABLE UPON REQUEST.

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## SOURCE: WDGPUBLICHEALTH.CA

For more information, refer to the WDG Public Health and the Ontario Ministry of Education guidelines for Reopening Childcare during the COVID-19 Pandemic.