

Preventing COVID-19 Spread in Child and Youth Settings

It is important to closely monitor your health and the health of those you care for. Families should complete the **COVID-19 Daily Checklist** each day. All Nova Scotians should stay home when they are sick.

Talk to your child's school or child care setting if they have chronic symptoms; for example, seasonal allergies or migraines.

If your child develops symptoms of COVID-19, they should expect to be:



Monitored away from others



Asked to wash their hands



Asked to wear a mask if able to do so

Parents/guardians should expect:



To be called to pick up your child promptly.



To be asked to follow isolation and testing guidance as per the self-assessment tool found online at: <https://covid-self-assessment.novascotia.ca> or if unable to access the tool, call 811.

If isolation and testing is not indicated:

- Testing remains available for those with mild or no symptoms.
- Repeat the assessment for any new or worsening symptoms.
- Return when feeling better with no fever medication for 24 hours. Mild lingering symptoms such as cough or runny nose does not prevent individuals from returning.

We know that keeping children home is difficult for families. We appreciate the efforts of families to follow public health guidance.

For any new or worsening symptoms complete the COVID-19 Self-assessment: <https://covid-self-assessment.novascotia.ca>