



STOP Do not go to school if any of these apply to you.

Staff and students must use this questionnaire daily to decide if they should attend school. Parents should complete the screening on behalf of their school-aged children.

1. You have one of the following symptoms

- Fever (including chills or sweats)
- Cough (new or worsening)
- Shortness of breath/difficulty breathing
- Sore throat or difficulty swallowing (not related to a known cause/condition)
- Unusual headache
- Unusual fatigue or lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea (more than 24 hours)
- Loss of sense of taste or smell
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions such as being outside in cold weather)

Stay at home.

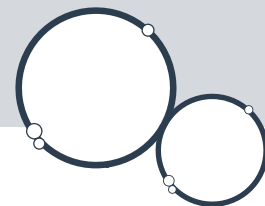
Complete [rapid testing](#). If you used all your rapid tests, use the online [COVID-19 self-assessment tool](#) or, if you do not have internet access, contact 811.

Stay at home

and use our online [Self-Isolation Assessment Tool](#) for instructions and advice.

2. You have been advised to self-isolate and not attend school for any reason

(e.g. close contact, travel, Public Health advice, public advisories)



1. What if I have a positive test result?

If you get tested for COVID-19 (PCR or rapid self-test) and the test result is positive, you must stay home and follow the [guidance for positive cases](#).

2. What if I have a negative test result?

If your COVID-19 test through Public Health is negative (or both your rapid self-tests are negative), you can return to school if:

- you are not required to self-isolate for any reason;
- you do not have a fever;
- your symptoms improved in the last 24 hours without the use of fever-reducing medication; AND
- you feel well enough.

3. The Self-Assessment and Testing Referral did not recommend that I get tested for COVID-19, what do I do?

If you have questions about what you should do, visit the online [Self-Isolation Assessment Tool](#) for instructions and advice.

4. Will I need to be tested again?

You do not need re-testing unless you develop new symptoms or your symptoms get worse. If you get new symptoms or your symptoms get worse, complete two rapid tests 72 hours apart. If you have used all your [rapid tests](#), complete the [COVID-19 Self-assessment and Referral Tool](#) or, if you do not have internet access, contact 811.

5. Should I be tested if I recently recovered from COVID-19?

For 3 months after you are considered recovered, COVID-19 PCR testing is not recommended. COVID-19 antigen testing (rapid testing) is not recommended for 21 days after the day you started having symptoms, or if you did not have symptoms, 21 days after your positive test date.

If you develop symptoms during this period, you must self-isolate until symptoms have improved with no fever for at least 24 hours. If you are identified as a close contact during this period, complete the [Self-Isolation Assessment Tool](#) for advice but testing is not required.

6. What if someone in my house is self-isolating?

Use our online [Self-Isolation Assessment Tool](#) for instructions and advice.

Household members of rotational workers can interact with others outside their household while the rotational worker is self-isolating. More details can be found on the [Rotational Workers](#) page.

7. Where can I find the online COVID-19 Self-assessment and Referral Tool?

The online COVID-19 Self-assessment and Referral tool can be found at: covidassessment.nlchi.nl.ca. If you cannot access the tool, please contact 811.

Remember...stay home if you feel sick.