



# COVID-19 Symptom-Checker

## For PARENTAL USE

*NOTE: This is not a medical assessment. If your child is experiencing severe symptoms, seek medical attention or call 911 (where available.)*

### **Does your child have any of the following symptoms?**

- Severe difficulty breathing (e.g. struggling to breathe, speaking in single words?)
- Chest pain
- Confusion
- Extreme Drowsiness
- Loss of consciousness

### **Does your child have a new onset of any of the following symptoms within the last 24 hours?**

- Fever / chills
- Cough
- Sore throat / hoarse throat
- Shortness of breath
- Loss of smell or taste
- Vomiting / diarrhea

### **Does your child have a new onset of 2 or more of any of the following symptoms?**

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite

**Has your child been in contact – in the last 14 days – with someone that is confirmed to have COVID-19?**

**Has your child been in a setting – in the last 14 days – that has been identified by Public Health as a risk for acquiring COVID-19, such as on a flight, in a workplace with a cluster of cases, or at an event?**

**Has your child travelled outside Manitoba – in the last 14 days – excluding travel to Western Canada, the Territories, or Ontario west of Terrace Bay?**

If you answered **YES** to any of the above questions, you should contact the school, have your child remain at home and contact **Health Links – Info Santé** ([204-788-8200](tel:204-788-8200) or toll-free at [1-888-315-9257](tel:1-888-315-9257)) or seek other medical advice.

*Public Health officials also strongly urge anyone who has cold or flu-like symptoms, such as a cough, fever, runny nose, sore throat, headache, or any of the symptoms listed above to self-isolate for 14 days, or until symptoms are resolved for 24 hours. Anyone with these symptoms is eligible for COVID-19 testing. If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. If you have travelled or been exposed to a case, you should continue to self-isolate for the remainder of the 14-day period.*

(These are the current restrictions as of August 11, 2020 and are subject to change.)