

## MEDICAL NOTES DURING COVID-19 PANDEMIC

September 2020

Dear Parent(s)

Please be advised that we will not be providing “Return to school/daycare” notes for children with cold symptoms.

If your child is experiencing cold-like symptoms, they should proceed to be tested for COVID-19.

An examination by your health care provider is not required for mild symptoms and there is no way to determine if your child has COVID with a physical examination.

Children with colds should go for COVID testing or they must stay home for 14 days, isolated.

If a second person in the household develops symptoms and no one is tested, the quarantine period could be even longer.

The best way to return to school within 2 weeks is to be tested for COVID 19.

Ottawa Public Health has advised that a clinician’s note is NOT required for children to return to school/daycare.

If your child has a well documented pre-existing stable chronic condition with symptoms that could be attributed to COVID, we will provide a medical note so they are not sent home from school.

The note will simply state the symptoms that existed pre-COVID.

Children with chronic conditions who develop new or worsening symptoms will have to be assessed for COVID at a COVID testing facility.