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## Updated Ministry of Health Guidelines for Children

Daily health check requirements for kids:

- Fever
- Chills
- Cough or worsening chronic cough
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Nausea and vomiting

**If a child presents with any of the above symptoms, they are to be isolated and sent home directly.**

If a child is generally unwell with a runny nose it is at the discretion of the parent and staff to make the decision if they are well enough to attend school. If they present with a runny nose, it is a good suggestion to have the child stay at home for 24 hours to monitor if other symptoms arise.

*“So that’s the key thing: if you have a slight runny nose by itself then that, in and of itself, is not a reason for a child to necessarily stay home from school,” Henry said, adding that parents need to make that decision.*

*Henry said a parent can keep a child home for 24 hours and monitor them if they only have one symptom and it’s mild as children often pick up mild colds that clear up very quickly and are not indicative of [COVID-19](#).” Dr. Bonnie Henry*

It is important to keep in mind, we all have a responsibility to reduce the spread of colds and viruses within our communities. Treat others how you would want to be treated – if you don’t want your child around other sick kids, then ...

Please feel free to call the office if you have any further questions.

Sincerely,

Val Allen

SPC Head of School