



# True North Camper Health Pass

The most important thing families can do to help slow the spread of COVID-19 is to screen their children daily for any COVID-19 symptoms and keep them home from camp if they, or anyone in their household, are sick or have had close contact with anyone diagnosed with COVID-19. If your child has tested positive for COVID-19 or has come in close contact with someone who tested positive for COVID-19, please call our office at 416.619.1224.

Review this COVID-19 checklist daily with your child. Each day, sign below to confirm that your child, or anyone else in the household, does not have any symptoms or have other exposure to COVID-19. We all have a role in keeping camp safe and healthy.

Camper Name(s): \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

\*Note: This Health Pass can be used for multiple campers from the same household who are attending the same camp (i.e. same sport at the same location; Glenview Baseball Camp). Junior camps are considered a different camp from their senior counterparts (i.e. Junior Basketball Camp is separate from Basketball Camp.)



# COVID-19 Screening for children/students/adults

Please complete before entering the child care/JK-12 school setting. A parent/guardian can complete for their child.

Updated April 28, 2022

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

## 1. A) Do you or anyone in the household have 1 or more of these new or worsening symptoms, today, or in the last 5 or 10 days\*?

Yes ☐  
No ☐



Fever > 37.8°C and/or chills

Yes ☐  
No ☐



Cough

Yes ☐  
No ☐



Difficulty breathing

Yes ☐  
No ☐



Decrease or loss of taste/smell

## B) Do you or anyone in the household have 2 or more of these new or worsening symptoms today, or in the last 5 or 10 days\*?

Yes ☐  
No ☐



Sore throat

Yes ☐  
No ☐



Headache

Yes ☐  
No ☐



Feeling very tired

Yes ☐  
No ☐



Runny nose/  
nasal congestion

Yes ☐  
No ☐



Muscle aches/  
joint pain

Yes ☐  
No ☐



Nausea/vomiting/  
diarrhea

- If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes".
- If there is mild tiredness, sore muscles or joints within 48 hours after a vaccine, select "No".
- Anyone who is sick or has any symptoms of illness, should stay home. Seek assessment from their health provider if needed.



**If "YES": Stay home & self-isolate.**



**Your household must self-isolate\***

\*You or household members do not need to self-isolate if no symptoms and not had a positive test and either: had a confirmed COVID-19 infection within 90 days\*\*\*; OR are 18 + and boosted\*\*\*\*; OR are 17 years or younger and fully vaccinated\*\*.



If you have one symptom from Part B, stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

## 2. Have you or anyone in the household had a positive COVID-19 test in the last 5 or 10 days\*, or been told to stay home and self-isolate?

Yes ☐

No ☐

- If you had a positive test or live with someone who is isolating or awaiting test results select "Yes"



**If "YES": Stay home & self-isolate.\***

\*You or household members do not need to self-isolate if no symptoms and not had a positive test and either: had a confirmed COVID-19 infection within 90 days\*\*\*; OR are 18 + and boosted\*\*\*\*; OR are 17 years or younger and fully vaccinated\*\*.

## 3. In the last 14 days, have you travelled outside of Canada?

Yes ☐

No ☐



**If "YES": Follow federal quarantine [travel rules](#) including required measures for quarantine exempt travellers.**



\*Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised; or at a high risk congregate setting

\*\*Fully vaccinated means 14 days or more after a second dose of a COVID-19 vaccine series, or as defined by the Ontario Ministry of Health.

\*\*\*Confirmed COVID-19 infection within 90 days means: if tested positive within 90 days on a Rapid Antigen, or a PCR test AND completed self-isolation.

\*\*\*\*Boosted means received a booster dose 3 months or more after a primary vaccine series.





# HOW LONG SHOULD YOU SELF-ISOLATE FOR?

## You have symptoms<sup>+</sup> of COVID-19 or tested positive

### If:

- Fully vaccinated<sup>\*\*</sup>, OR
- 11 years or younger, regardless of vaccination status

### Stay home & Self-isolate:

- Must self-isolate for at least 5 days from the day symptoms started and until symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea), whichever is longer
- Use test date if no symptoms
- From day 6 to 10: wear a mask in public places, including while exercising, and do not visit people or settings at higher risk for illness<sup>++</sup>

### If:

- 12 years of age or older AND not fully vaccinated<sup>\*\*</sup> OR
- Immune compromised OR
- At a high risk congregate setting

### Stay home & Self-isolate:

- Must self-isolate for 10 days from the day their symptoms started, or longer if symptoms last longer than 10 days
- Use test date if no symptoms
- For 20 days: Individuals who are immunocompromised must wear a mask in all public settings and not visit people or settings at higher risk<sup>++</sup>

## Someone in the household has symptoms<sup>+</sup> of COVID-19 or a positive test

### If you:

- Had a confirmed COVID-19 infection within 90 days<sup>\*\*\*</sup>; OR
- Are 18+ and boosted<sup>\*\*\*\*</sup>; OR
- Are 17 years or younger and fully vaccinated<sup>\*\*</sup>

### You do not need to self-isolate

- For 10 days wear a mask in public places, including while exercising and do not visit people or settings at higher risk for illness<sup>++</sup>

### If you don't meet the above criteria - see below

- If you are immunocompromised you must self-isolate for 10 days
- For all others - You must self-isolate for the duration of the household member's isolation period (see below)

### If the household member is:

- Fully vaccinated<sup>\*\*</sup>, OR
- 11 years or younger, regardless of vaccination status

### Stay home & Self-isolate:

- You must self-isolate for at least 5 days from the day the household member's symptoms started and until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea)
- Use test date if no symptoms
- From day 6 to 10: wear a mask in public places, including while exercising, and do not visit people or settings at higher risk for illness<sup>++</sup>

### If the household member is:

- 12 years of age or older AND not fully vaccinated<sup>\*\*</sup>, OR Immune compromised

### Stay home & Self-isolate:

- You must self-isolate for 10 days from the day symptoms started, or longer if symptoms last longer than 10 days. Use test date if no symptoms

## You were notified as a close contact of a COVID-19 positive case

### If:

- No symptoms  
**Do not need to self-isolate**
- Monitor for symptoms for 10 days from last contact and self-isolate immediately if symptoms develop
- For 10 days from last exposure: wear a mask in public places, including while exercising and do not visit people or settings at higher risk for illness<sup>++</sup>
- If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking<sup>++</sup>

### Note:

A close contact is having contact with someone who has symptoms or tests positive for COVID-19 if:

- the contact occurred from 48 hours before symptoms, or while symptoms were present (or positive test result) **AND**
- was within two meters **AND**
- spent at least 15 minutes of time with them **AND/OR** multiple shorter lengths of time

The Province of Ontario has stated that attending school/childcare with someone who is symptomatic/positive for COVID-19 may not always be considered close contact. All cases in the school/child care settings are encouraged to notify their close contacts directly if they have significant one-on-one interactions, without wearing a well-fitted, high-quality mask. Contacts should follow instructions above.



## <sup>+</sup>Symptoms include 1 or more symptom from 1.A or 2 or more symptoms from 1.B on the screening tool

- If you have one symptom from 1.B, other household members do not have to self-isolate.
- If you have one symptom from 1.B AND were a close contact, then self-isolate consistent with a COVID-19 infection.
- If you/your household member's symptoms are improving for 24 hours AND the person with symptoms never had a positive test AND tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart, self-isolation ends.
- When the person who is symptomatic/COVID-19 positive completes their self-isolation, they do not need to self-isolate again if other household members become ill.
- Clearance testing is not required. A positive test requires completion of the isolation period even if symptoms are improving.
- For counting isolation days: the day symptoms start (or test date if no symptoms) is Day 0.

<sup>++</sup>Continue to wear a well-fitted mask in all public settings (including schools/childcare unless under 2 years of age). Avoid activities where you need to remove a mask with reasonable exceptions such as when eating (e.g., when eating in shared space at school/work and maintaining as much distancing as possible). If exempt from masking (e.g. under the age of 2 yrs) may return to public settings without masking. Do not visit people or settings at higher risk including where there are seniors or those who are immunocompromised.

## If you travelled outside of Canada in the last 14 days:

- Follow federal [requirements](#) for quarantine and testing after returning from international travel.
- Fully vaccinated travellers may be [exempt](#) from quarantine. Unvaccinated or partially vaccinated children under the age of 11 travelling with a fully vaccinated adult may be exempt from quarantine but are still required to wear a mask at all times when in public spaces (unless if under 2 years of age), including schools/childcare. Stay home if symptoms develop.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening](#) and [Management of Cases and Contacts of COVID-19 in Ontario](#).