

Doctor's notes are not an appropriate use of health system resources; they potentially put patients, teachers and contacts at further risk and physicians are not generally in a position to adjudicate such matters. The Province of Ontario states that "barriers to return to school, such as requirement of medical notes or proof of negative tests, should be avoided"

Instead, we feel that parents and families can use this "Self-Attestation" form to fill and assess whether or not it is safe or prudent to go back to school/daycare or work. Please be honest and responsible when completing the checklist as the continued control of spread of virus in our community depends on strategies to keep those who may spread the disease away from others. Please check the boxes below when going back to school, daycare or work:

Child's Name : _____

My child was a close/family contact of someone who tested positive for COVID-19. My child tested NEGATIVE for COVID-19. He or she has been isolated and observed for 14 days, remains symptom free, and may return to school or daycare as per Public Health guidelines.

My child was a close/family contact of someone who tested positive for COVID-19. My child did not have a COVID-19 test done but has completed a 14-day period of isolation and has been directed by public health that it is safe to return to school or daycare

My child had symptoms compatible with COVID-19 Infection. A COVID-19 test was performed and found to be NEGATIVE. My child has been symptom free for more than 24 hours and may return to school or daycare as per Public Health guidelines.

My child had symptoms compatible with COVID-19 Infection. A COVID-19 test was not performed. My child has been symptom-free for more than 24 hours, has been isolated and observed for 14 days, and may return to school or daycare as per Public Health guidelines.

Date of Negative COVID-19 test: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

It is understood that there may be discrepancies between the guidelines put forth by the Ministry of Education, workplaces, school boards and guidelines put forward by regional Public Health offices.

This document aligns with Ontario Public Health and was adapted from the Pediatricians of Ontario - Pediatrics section of the OMA