



COVID-19 INFORMATION

DO NOT ENTER IF SICK



Children and family members should not enter child care if they have any of these symptoms:

- Fever
- Chills
- New or worsening cough
- Barking cough, making whistling noise when breathing (croup);
- Shortness of breath
- Sore throat
- Trouble swallowing
- Changes in taste or smell
- Nausea or vomiting
- Diarrhea
- Unusual headache
- Runny nose, or nasal congestion (not related to seasonal allergies)
- Unexplained fatigue
- Sore muscles

Stay home if you had close contact with someone who is ill or suspected of having COVID-19.

**OttawaPublicHealth.ca/
ChildcareCOVID19**

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