



North Shore Academy of Dancing



BALLET BLOCH CANADA

### Daily Health & Wellness Checklist:

Parents/guardians are required to do a **symptom check** of common and less common Covid-19 or flu-like symptoms for your child **BEFORE they come to dance class each day**. This list will be similar to one provided to you by your academic schools. If you answer **YES** to any of the below or if symptoms appear after your dance class, please contact your family doctor and **email us right away**. **DO NOT** attend your dance class until it is advised to do so safely.

1. Do you have **ANY** of the following symptoms?

- Fever
- Chills
- Cough or worsen of chronic cough
- Shortness of breath
- Sore throat
- Runny nose / Stuffy nose
- Loss of sense of smell and/or taste
- Headache
- Muscle ache / Fatigue
- Diarrhea
- Loss of appetite
- Nausea / Vomiting
- Conjunctivitis (Pink Eye)
- Dizziness or confusion
- Abdominal Pain
- Skin Rashes or discolouration of fingers or toes
- Sore Throat
- Other signs of respiratory symptoms

2. Have you or anyone in your household returned from travel outside of Canada in the last 14 days?

- Yes
- No

3. Are you or is anyone in your household a confirmed contact or a person confirmed to have COVID-19?

- Yes
- No

Thank you for your cooperation in helping to keep our community well. The Daily Health & Wellness Checklist can be printed at home for your use. This is a personal review of the signs and symptoms of COVID-19 and flu-like symptoms. It is not necessary to submit this checklist to your instructor. Please contact your family doctor and/or 8-1-1 if you are experiencing any of the above symptoms.