

## OMA COVID-19 Attestation Form Package

---

This package has forms you can use instead of a doctor's note when you or your children are ready to return to your normal activities. (An attestation is a promise that something is true.)



If you are a parent or caregiver filling out a form for a child, go to page 2.



If you are 18 and older and completing the form so you can return to work or school, go to page 4.

**NOTE: Do not use this form:**

- If you are a health-care worker.
- If you live or work in a hospital or health-care setting, congregate living setting (such as a long-term care, retirement home, group home, shelter, etc.), or a First Nations, Inuit or Métis community.
- If you have an illness that weakens your immune system. (This means your body's defences are low and you have trouble fighting infections. For example, if you have cancer and are being treated with chemotherapy or if you are taking medicine called immune suppressive medications.)
- If you have received treatment for COVID-19 in a hospital's Intensive Care Unit (ICU).

## Parent/Caregiver Attestation Form: Return to School or Child Care

---

### **About this form:**

This is called an attestation form, which means you are promising that something is true.

Use this form to say it is safe for your child to return to school, child care or after-school activities such as sports or dance classes instead of asking your doctor for a note. Using this form instead of a doctor's note helps make sure your doctor has time to see patients who are sick and need care. The Ontario Ministry of Health does not require a doctor's note to return to school or child care.

Please be honest when filling in the form. Controlling COVID-19 in our community depends on you.

If your child is sick with any symptoms and/or is getting worse, they may still need medical care, even if they don't have COVID-19. Children who are sick should stay home from school. If you are unsure if your child needs medical care, talk to your child's doctor.

## Parent/Caregiver Attestation Form: Return to School or Child Care

### Symptoms of COVID-19 and other viral sicknesses

These symptoms were new, or symptoms that were getting worse. They were not caused by other medical conditions or other known reasons.

- fever and/or chills
- regular cough or cough that sounds like barking (croup)
- trouble breathing
- sense of smell or taste is gone or partly gone
- tiredness, no energy
- muscle aches and pain
- nausea, vomiting and/or diarrhea
- sore throat or trouble swallowing
- runny or stuffy nose
- headache
- stomach pain
- pink eye
- less appetite

\* For the purposes of this form, a positive COVID-19 test refers to a rapid antigen test or PCR test (a test done in the lab).

Check the box or boxes below that apply to your child before sending them back to school, child care or after-school activities:

**My child had one or more symptom listed above.**  
Your child can return to school or child care if they have no fever and their other symptoms have gone away or have been improving for at least 24 hours (48 hours for nausea, vomiting and/or diarrhea). Your child should wear a mask in public (including school, child care and extracurricular activities) for 10 days. Children under 2 years old do not need to wear a mask in public.

**My child did not have any of the symptoms listed above AND they tested **POSITIVE** for COVID-19, OR,**  
 **My child was exposed to someone, either at home or outside their home, who had one or more symptom listed above and/or a positive COVID-19 test (exposure means they were near someone with COVID-19, usually for at least 15 minutes).**  
Your child can go to school or child care if they have no symptoms. They should wear a mask in public (including school, child care and extracurricular activities) for 10 days. Children under 2 years old do not need to wear a mask in public. Monitor your child for symptoms for 10 days.

**My child travelled outside of Canada.**  
Your child can go to school or child care if no symptoms are present.

By signing below, I confirm that my child can return to school, child care or after-school activities, according to the instructions on this form.

Child's Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Parent/Caregiver Name: \_\_\_\_\_

Parent/Caregiver Signature: \_\_\_\_\_

## COVID-19 Attestation Form: Return to Work or School for People 18 or Older

---

### **About this form:**

This is called a self-attestation form, which means you are promising that something is true about yourself.

Please use this form to say it is safe for you to return to work or school instead of asking your doctor for a note. Using this form instead of a doctor's note helps make sure your doctor has time to see patients who are sick and need care. The Ontario Ministry of Health does not require a doctor's note to return to work or school.

Please be honest when filling in the form. Controlling COVID-19 in our community depends on you.

## COVID-19 Attestation Form: Return to Work or School for People 18 or Older

### Symptoms of COVID-19 and other viral sicknesses

These symptoms were new, or symptoms that were getting worse. They were not caused by other medical conditions or other known reasons.

- fever and/or chills
- regular cough or cough that sounds like barking (croup)
- trouble breathing
- sense of smell or taste is gone or partly gone
- tiredness, no energy
- muscle aches and pain
- nausea, vomiting and/or diarrhea
- sore throat or trouble swallowing
- runny or stuffy nose
- headache
- stomach pain
- pink eye
- less appetite

\* For the purposes of this form, a positive COVID-19 test refers to a rapid antigen test or PCR test (a test done in the lab).

Check the box or boxes below that apply to you before returning to work or school:

**I had one or more symptom listed above.**

You can return to work or school if you have no fever and your other symptoms have gone away or have been improving for at least 24 hours (48 hours for nausea, vomiting and/or diarrhea). You should wear a mask in public (including work and school) for 10 days.

**I did not have any of the symptoms listed above AND my COVID-19 test was POSITIVE.**

You can go to work or school if you have no symptoms. You should wear a mask in public (including work and school) for 10 days. Monitor yourself for symptoms for 10 days.

**I was exposed to someone, either at home or outside my home, who had one or more of the symptoms listed above and/or a positive COVID-19 test (exposure means you were near someone with COVID-19, usually for at least 15 minutes).**

You can go to work or school if you have no symptoms. Wear a mask in public (including work and school) for 10 days. Monitor yourself for symptoms for 10 days.

**I travelled outside of Canada.**

You can go to work or school if you have no symptoms.

By signing below, I confirm that I can return to work or school, according to the instructions on this form.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## References

The information in this package is based on the following guidance documents from the Ontario Ministry of Health. This guidance is for health-care providers and public health officials, except for the COVID-19 school and child care screening tool, which is for parents and caregivers. Reference resources are intended to help prevent the spread of COVID-19 and to keep people safe.

1. Ontario Ministry of Health: [Staying Up to Date with COVID-19 Vaccines: Recommended Doses](#)
2. Ontario Ministry of Health: [COVID-19 Reference Document for Symptoms](#)
3. Ontario Ministry of Health: [COVID-19 school and child care screening](#)
4. Ontario Ministry of Health: [Management of Cases and Contacts of COVID-19 in Ontario](#)