

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.



Fully vaccinated

Fully vaccinated means you have received all required doses. You are fully vaccinated if you got:

- two injections of Pfizer, Moderna, AstraZeneca, Novavax or Medicago COVID-19 vaccines. You must have received the second injection at least 14 days ago.
- one injection of the Janssen (Johnson & Johnson) COVID-19 vaccine. You must have received the injection at least 14 days ago.
- one or two injections of a vaccine that has not been approved by Health Canada, followed by one injection of Pfizer or Moderna.
- three injections of a vaccine not approved by Health Canada.

Not fully vaccinated means that you have not received any COVID-19 vaccine injections or you have not finished your COVID-19 vaccination series (for example, you have received only one injection or your second injection was less than 14 days ago).

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.

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

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).

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

My child had one or more symptom of COVID-19.

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 COVID-19 symptoms AND they tested **POSITIVE for COVID-19, OR,**

My child was exposed to someone, either at home or outside their home, who had symptoms of COVID-19 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 AND is fully vaccinated.

Your child can go to school or child care if no symptoms are present.

My child travelled outside of Canada AND is not fully vaccinated AND

My child is under 12 years old AND travelled with adults who are fully vaccinated.

Your child can go to school or child care if no symptoms are present. Monitor your child for symptoms for 14 days. Your child should wear a mask in public for 14 days.

My child is under 12 years old AND travelled with adults who are not fully vaccinated.

Your child can return to school or child care if 14 days have passed since returning from travel and they have no COVID-19 symptoms. Your child should wear a mask in public for 14 days.

My child is 12 years old or older.

Your child can return to school or child care if 14 days have passed since returning from travel and they have no COVID-19 symptoms. Your child should wear a mask in public for 14 days.

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.

* 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).

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).

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

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

I had at least one symptom of COVID-19.

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 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 symptoms of COVID-19 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.

I am fully vaccinated.

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

I am not fully vaccinated.

You can return to work or school if 14 days have passed since returning from travel and 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](#)