



DAILY HEALTH CHECK

Staff, Students and Visitors

Staying home when you are not feeling well is a critical step in communicable disease prevention.

| KEY SYMPTOMS OF ILLNESS | WHAT TO DO |
|--|---|
| Fever (above 38°C) | <p>If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.</p> |
| Chills | |
| Cough | |
| Difficulty breathing | |
| Loss of sense of smell or taste | |
| OTHER SYMPTOMS | WHAT TO DO |
| Sore throat | <p>If yes to 1 symptom: Stay home until you feel better.</p> |
| Loss of appetite | |
| Headache | <p>If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.</p> |
| Body aches | |
| Extreme fatigue or tiredness | |
| Nausea or vomiting | |
| Diarrhea | |
| INTERNATIONAL TRAVEL: | WHAT TO DO |
| Have you returned from travel outside Canada in the last 14 days? | <p>If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption. Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival, as part of federal requirements.</p> |
| CLOSE CONTACT | WHAT TO DO |
| Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19? | <p>If yes: Follow the instructions provided by Public Health.</p> |

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department. Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

Keep this copy as a reference

Updated September 27, 2021