

October 16, 2020



School District 19
(Revelstoke)

Dear Parents/Guardians:

Attached is the most recent health check information from the Provincial Health Office and Centre for Disease Control. The common messaging from the beginning remains that same. It is critical that staff and students do not come to school when they are sick, or experiencing symptoms related to Covid. This has not been easy for families. Thank-you for your continued efforts to ensure that all of our students, your children, are learning in safe and healthy environments.

We continue to implement the safety guidelines published by the provincial health office at each of our schools. Our students are responding well to strategies like regular handwashing and our staff continue to encourage physical distancing and set routines that reduce the traffic in hallways and shared spaces.

There is updated information on our school district website at www.sd19.bc.ca that you may find both interesting and useful.

Included most recently is information on the public health process in the event there is a positive Covid test and exposure at one of our schools. There is also an interesting report that summarizes research specifically on children and Covid and the important role school plays in their health and well-being.

As always, please connect with your school principal or contact me directly if you have questions, ideas, or concerns at mhooker@sd19.bc.ca.

Sincerely,

A handwritten signature in black ink, appearing to read 'mhooker', with a long, sweeping flourish extending to the right.

Mike Hooker
Superintendent of Schools

COVID-19 Information for Families

Daily Health Check

The following is a daily health check as recommended by the BC Centre for Disease Control (BCCDC) to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness*	Do you have any of the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

When a **COVID-19 test** is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve, and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19. **A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.**

