



School District 19
(Revelstoke)

Daily Health Check – Staff/Visitors/Students

Daily Health Check			
1. Key Symptoms of Illness	Do you have any of the following symptoms?	Circle One	
	Fever higher than 38 C	Yes	No
	Chills	Yes	No
	Cough	Yes	No
	Loss of sense of smell or taste	Yes	No
	Difficulty Breathing	Yes	No
<p>If you answered “YES” to one of the questions included under “Key Symptoms of Illness”, please remain home and get a health assessment which includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner about your symptoms and next steps.</p>			
2. Secondary Symptoms	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue or tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea and vomiting	Yes	No
	Diarrhea	Yes	No
<p>If you answered “YES” to one of the “Secondary Symptoms”, please remain home until you feel better.</p> <p>If you answered “YES” to two or more of the questions included under ‘Secondary Symptoms’, please remain home for 24 hours to see if you feel better. If symptoms do not get better, get a health assessment, which includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner about your symptoms and next steps.</p>			
3. International Travel	Have you returned from travel outside of Canada in the last 14 days?	Yes	No
4. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No
<p>If you answered Yes to questions 3 or 4 above, you are required to self-isolate for 14 days from last contact or when you returned from travel outside of Canada unless alternative directions are provided by Interior Health.</p>			

If you have any **concerns** or **questions** about your health, you may contact 8-1-1 at any time.