

March 2, 2021



Dear Parents and Guardians:

During the month of February, the Provincial Health Office provided school districts with an update to the safety measures we put in place. (Full details at <https://www.sd19.bc.ca/>)

The updates included refinements to the directions around *physical distancing when possible*, the use of *barriers and masks*, the focus on *hygiene*, and reducing *adult to adult interactions* in school.

In addition we were reminded of the need for daily monitoring for signs of symptoms and the importance of staying home when sick.

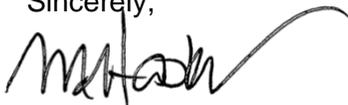
To support your decision making in that regard, attached is the 'paper' copy of our Daily Health Check for your fridge. For those opting for e-versions, this link provides a very easy to use checklist that works well on personal devices and desktops. [K-12 Daily Health Check E-Version](#).

For up to date information, the BC Centre for Disease Control developed a new online resource for parents, students, and school staff at <http://www.bccdc.ca/schools/>. The site includes answers to 'frequently asked questions' and details on masks, distancing, hygiene, and more.

At each of our schools, staff are implementing the guidelines while ensuring that students are accessing the best possible learning experiences. We are hopeful that the answer to "what did you do at school today?" reflects some of the creative ways students and staff are finding to deal with the limitations created by the pandemic. We are certainly looking ahead to the time when you are able to simply *drop into the school* again to see first hand what's going on!

As always please connect with your school principal or me directly (mhooker@sd19.bc.ca) with ideas, questions, or concerns.

Sincerely,



Mike Hooker
Superintendent of Schools



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.