

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 1 or more of the questions included under “Key Symptoms of Illness”, please contact a health care provider or call 8-1-1 about your symptoms and next steps.</p>			
2. Other 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 1 of the “Other Symptoms”, please remain home until you feel better.</p> <p>If you answered “YES” to two or more of the questions included under ‘Other Symptoms’, please remain home for 24 hours to see if you feel better. If symptoms do not get better or get worse, contact a health care provider or call 8-1-1 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
<p>IF you answered Yes to the question on International Travel, fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption.</p> <p>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>			
4. Close Contact	Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	Yes	No
<p>If you answer yes to the question on Confirmed Contact, please 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.