

# COVID-19 Self-Health Assessment for District Staff



September 6, 2020



A self health assessment **must** be completed by all staff each day before entering a district building.

1. Determine if you are currently experiencing any of the following symptoms (it doesn't matter whether they are mild or severe).
  - a. Fever
  - b. Chills
  - c. Cough
  - d. Shortness of breath
  - e. Sore throat and painful swallowing
  - f. Stuffy or runny nose
  - g. Loss of sense of smell
  - h. Headache
  - i. Muscle aches
  - j. Fatigue
  - k. Loss of appetite
2. If you have answered yes to any of the above symptoms, you should stay/go home and follow the necessary procedures.
3. Our school district requires that you do the BC Center for Disease Control (BCCDC) self-assessment (<https://bc.thrive.health/covid19/en>) and follow the recommendations provided.
4. Once a self assessment is complete, contact 8-1-1 or your family physician to discuss next steps such as, getting tested for COVID-19, isolating at home, or returning to work once the symptoms have resolved.  
*\*\*Request a note from your doctor outlining the process they are suggesting, if possible\*\**
5. Should you receive a negative COVID test and clearance from a health care professional to return to work, you will **NOT** be required to follow-up with your family physician for a note.
6. While away from work due to symptoms or illness, simply follow the normal process for sick leave. This includes contacting Dispatch and entering a leave into eServe.
7. Return to work only when you have been cleared to do so by public health professionals or your family physician AND when your symptoms have resolved.

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