



DAILY HEALTH ASSESSMENT

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<p>If yes to 1 or more of these symptoms: Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<p>If yes to 1 symptom: Stay home until you feel better.</p>
Loss of appetite	
Headache	<p>If yes to 2 or more of these symptoms: Stay home for 24 hours.</p> <p>If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<p>If yes: All students and staff who have travelled outside of Canada are required to follow all provincial and federal protocols as outlined to them upon entry back into Canada.</p> <p>This includes students who are attending school from abroad. Additional information is available here. https://www2.gov.bc.ca/gov/content/covid-19/travel/current</p>
CLOSE CONTACT	WHAT TO DO
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	<p>If yes: Please follow the instructions provided by Public Health.</p> <p>You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p>

Check your symptoms with the [K-12 Health Check](#). If you have any questions, or the symptoms get worse, contact your healthcare provider, or call 8-1-1. For more information on COVID-19, please go to www.bccdc.ca. If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Please check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.



STOP



Please review the COVID Daily Health Assessment Document PRIOR to entering this building.

If you HAVE symptoms or answer yes to any of the questions:

- 1. Do not enter this building.**
- 2. Follow all posted instructions on “what to do”.**

If you DO NOT have symptoms and answer no to both questions:

- 1. Enter the building and report directly to the front office to sign in.**