THE BOARD OF EDUCATION OF
SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

ADMINISTRATION OFFICE

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January 25, 2022

Good afternoon SD58 Families,

As we continue to move through the impact of the Omicron variant in this wave of the COVID 19 virus, we want to assure you that you have the most up to date information from the various sources in our province.

In the link below, please find the most recent information and steps as to how to manage illness, signs of illness and what to do when tested. We also have attached copies of the information for you to have on hand.

Daily Health Check

Based on the ongoing review of attendance patterns we continue to see higher than typical numbers of absenteeism amongst students and staff.   As a result of this we will continue to follow up with public health regularly and will share back any recommendations or additional actions that should be taken. We thank you for being cautious, completing the daily health checks and ensuring that the health of your child, yourself and others remains paramount.

Please continue to follow the public health orders, get vaccinated if you are eligible, review the daily health check info and keep children at home if sick. As always, if you or your children need any additional support during these very challenging times, please reach out to your school principal, District Principal of Student Support Services Jane Kempston at jkempston@365.sd58.bc.ca

Sincerely,

Jameel Aziz
Assistant Superintendent

Attachment

Success for ALL Learners ~ Today and Tomorrow

Daily Health Check and What to Do When Sick

Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever or chills
- Difficulty breathing
- Runny nose
- Headache
- Diarrhea

- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste

- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

What to Do When Sick

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings, for another 5 days after ending isolation.

If you have a Rapid Antigen Test at home, use it when you have symptoms. How long you should stay home depends on your test result. Find out more about Rapid Antigen Test results.

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the Self-Assessment Tool, contact your health care provider or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on who testing is recommended for.

What to Do if Someone in Your Household is Sick

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.

If You Test Positive for COVID-19

Your age and vaccination status determine how long you should self-isolate for if you test positive for COVID-19.

Age	Vaccination Status	Guidance
Under 18 years of age	Unvaccinated, partially vaccinated or fully vaccinated	Self-isolate at home for 5 days AND until your symptoms improve and you no longer have a fever. Avoid non-essential visits to higher risk settings like long-term care facilities and gatherings for another 5 days after ending isolation.
18 years of age or older	Fully vaccinated	
	NOT fully vaccinated	Self-isolate at home for 10 days AND until your symptoms improve and you no longer have a fever.

Close contacts, who are usually others in your household, do not need to self-isolate (regardless of vaccination status), but should closely self-monitor for symptoms. BCCDC has more information for close contacts.

If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.

Summary: What to Do When Sick

If you have symptoms of illness, stay home.
Most people don't need testing for COVID-19. Use BCCDC Self-Assessment Tool, or connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.
Symptoms of COVID-19 include:

Fever or chills	Difficulty breathing	Sneezing	Body aches
Cough	Sore throat	Extreme fatigue or	Nausea or
Loss of sense of	Loss of appetite	tiredness	vomiting
smell or taste	Runny nose	Headache	Diarrhea

Go to an emergency department or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

If you have MILD SYMPTOMS
(or have tested negative)
STAY HOME.
For most people, testing is not recommended.

Mild symptoms can be managed at home.

If you TEST POSITIVE: SELF ISOLATE

1. Complete an online form to report your test result
2. Manage your own symptoms
3. Let your household contacts know

Return to School/Work

Stay home until you feel well enough to return to your regular activities.

If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all conditions are met:

1. **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation.

If you are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all conditions are met:

1. **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

If you still have symptoms
Continue to isolate longer if you still have a fever or are not feeling better.
If you are unsure or concerned connect with your health care provider or call 8-1-1.

What to do if someone is sick in your household:
You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: Getvaccinated.gov.bc.ca