



**PoCo Happy Times  
Preschool Society**

## Daily Health Check

Dear Parent/Guardian,

Parents and caregivers are required to perform a daily health check with their child(ren) at home prior to attending school. The following information from the Ministry of Health and BC Centre for Disease Control (as of September 25, 2020) outlines their recommendations in regard to the daily health check requirements.

Please review the updated requirements below and use them to assess your child daily. This form is to be posted on our website for your reference. Parents please take time to review with your child prior to coming to preschool.

**1. Symptoms of Illness:** Does your child have any of the following symptoms?

- |  |  |
|--|--|
| <input type="checkbox"/> Fever                               | <input type="checkbox"/> Loss of sense of smell or taste |
| <input type="checkbox"/> Chills                              | <input type="checkbox"/> Diarrhea                        |
| <input type="checkbox"/> Cough or worsening of chronic cough | <input type="checkbox"/> Nausea and vomiting             |
| <input type="checkbox"/> Breathing difficulties              |  |

**If you answered “Yes” to only one of the symptoms above (excluding fever and difficulty breathing),** your child should stay home for 24 hours from when the symptom started. If the symptom persists or worsens, seek a health assessment.

**If you answered “Yes” to two or more of the symptoms above or your child has a fever or difficulty breathing,** seek a health assessment. A health assessment includes calling 8-1-1 or speaking with a primary care provider like a physician or nurse practitioner. If a health assessment is required, your child should not return to preschool until COVID-19 has been excluded and your child’s symptoms have improved.

**2. International Travel:** Has your child returned from travel outside of Canada in the last 14 days?

**3. Confirmed Contact:** Is your child a confirmed contact of a person confirmed to have COVID-19?

**If you answered “Yes” to questions 2 or 3,** use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19.

When a COVID-19 test is recommended as a result of the health assessment, your child needs to stay home while waiting for results:

- If the COVID-19 **test is positive**, your child is to stay home and follow the direction of public health.
- If the COVID-19 **test is negative**, your child can return to preschool once symptoms have improved and your child is well enough to participate.
- If a COVID-19 **test is recommended but not done**, your child is to stay home and isolate for 10 days after the onset of symptoms and return to preschool when your child is well enough to participate.

If a COVID-19 test is not recommended, your child can return to school when symptoms improve and your child is well enough. If your child exhibits symptoms while at preschool; the family will be contacted, a mask will be provided and your child will be moved to a secure space to await pick-up.

*(Please tear off and return to school with your child)*

I have reviewed the above Daily Health Check requirements from the Ministry of Health (BC Centre for Disease Control). Should my child exhibit any of the above symptoms, I will not send my child to preschool and will follow the recommendations of a health care provider or call 8-1-1 for guidance.

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_