The BCCDC has issued a condensed version of the Daily Health Check for students and staff; please use this list instead of the first one that we sent to you on the first day of school.

**Please use this checklist every morning to assess your**

**children’s health before coming to school.**

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| Daily Health Check | | | |
| 1. ***Key*** *Symptoms of Illness*\* | Does your child have any of the following **new** **key** symptoms? | CIRCLE ONE | |
| **If you answered “YES” to one of these questions included under ‘Key Symptoms of Illness’ (excluding fever),** you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment. | *Fever* | YES | NO |
| *Chills* | YES | NO |
| *Cough or worsening of chronic cough* | YES | NO |
| *Shortness of breath* | YES | NO |
| *Loss of sense of smell or taste* | YES | NO |
| *Diarrhea* | YES | NO |
| *Nausea and vomiting* | YES | NO |
| **Symptoms of Illness**  **If you answered “YES” to two or more of the questions under ‘Symptoms of Illness’ OR you have a fever**, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved. | Fever | YES | NO |
| Chills | YES | NO |
| Cough or worsening of chronic cough | YES | NO |
| Shortness of breath | YES | NO |
| Sore throat | YES | NO |
| Runny nose/stuffy nose | YES | NO |
| Loss of sense of smell or taste | YES | NO |
| Headache | YES | NO |
| Fatigue | YES | NO |
| Diarrhea | YES | NO |
| Loss of appetite | YES | NO |
| Nausea and vomiting | YES | NO |
| Muscle aches | YES | NO |
| Conjunctivitis (pink eye) | YES | NO |
| Dizziness/confusion | YES | NO |
| Abdominal pain | YES | NO |
| Skin rashes or discoloration of fingers or toes | YES | NO |
| 1. International Travel | Have you returned from travel outside Canada in the last 14 days? | YES | NO |
| 1. Confirmed contact | Are you a confirmed contact of a person confirmed to have COVID-19? | YES | NO |

When a **COVID-19 test** is recommended by the health assessment:

• If the COVID-19 test is positive, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.

**PLEASE SEE OVER→**

• If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.

• If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not 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.

**A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.**