



# COVID-19 Daily Health Check

All parents, guardians, and/or caregivers have the responsibility to conduct a Daily Health Check of your child(ren) each day before sending them to school. Similarly, all VSB staff must complete a Daily Health Check.

Keep a copy of this Daily Health Check in a handy area at home and incorporate this Daily Health Check into your morning routine, before leaving for school or work.

Daily Health Check			
<b>1. COVID-19 Symptoms</b>		Do you have any of the following symptoms?	
Fever (over 38°C)		YES	NO
Chills		YES	NO
Cough or worsening of chronic cough		YES	NO
Difficulty breathing		YES	NO
Loss of sense of smell or taste		YES	NO
Sore throat		YES	NO
Loss of appetite		YES	NO
Extreme fatigue or tiredness		YES	NO
Headache		YES	NO
Body aches		YES	NO
Nausea and vomiting		YES	NO
Diarrhea		YES	NO
<b>2. International Travel</b>	Have you returned from travel outside Canada in the last 14 days <b>AND</b> told to quarantine by Canada Border Services Agency?	YES	NO
<b>3. Close Contact</b>	Have you been advised by Public Health you are a close contact of a person with COVID-19 <b>AND</b> told to isolate?	YES	NO

## WHAT TO DO NEXT

If you answered "No" to all of the above (1-3), the student or staff member is welcome to attend school or work.

**1. If you answered "Yes" to any of the above symptoms, follow the instructions below:**

SYMPTOMS		WHAT TO DO
<b>Fever (above 38°C)</b> <b>Chills</b> <b>Cough</b>	<b>Loss of sense of smell or taste</b> <b>Difficulty breathing</b>	<b>1 or more of these symptoms:</b> Get tested and stay home.
Sore throat Loss of appetite Headache Body aches	Extreme fatigue or tiredness Nausea or vomiting Diarrhea	
		<b>If you have 1 symptom:</b> Stay home until you feel better. <b>If you have 2 or more of these symptoms:</b> Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.

**2. If you answered "Yes" to travelling internationally** within the last 14 days **AND** told to quarantine by Canada Border Services Agency, follow Canada Border Services Agency's guidance and do not return to school/work until Canada Border Services Agency says it is safe to do so.

**3. If you answered "Yes" to being told to isolate by Public Health**, self-isolate at home as directed by Public Health. If you also have any symptoms, or develop any, get tested for COVID-19.

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](http://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.