

✓ DAILY HEALTH CHECK

All parents, guardians, and/or caregivers **MUST** conduct a *Daily Health Check* of their child(ren) before sending them to school. The Daily Health Check is also available online at <https://www.k12dailycheck.gov.bc.ca/>

SYMPTOMS

- Fever (above 38°C)
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing



WHAT TO DO

1 or more of these symptoms:

- Stay home.
- Contact a health care provider or 8-1-1 about your symptoms and next steps.

SYMPTOMS

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea



WHAT TO DO

1 symptom:

- Stay home until you feel better.
- Contact a health care provider or 8-1-1 about your symptoms and next steps.

2 or more of these symptoms:

- Stay home and wait 24 hours to see if you feel better. If symptoms don't improve or if they get worse, get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps.

CLOSE CONTACT

If you are a close contact of someone who has COVID-19 and have any of the symptoms listed above:

- Get tested and stay home.
- Fraser Health will advise you if you are a close contact. For more information on close contacts, go to <http://www.bccdc.ca/covid19closecontacts>.
- If you are unsure, please call 8-1-1.

INTERNATIONAL TRAVEL

Have you returned from travel outside Canada in the last 14 days?

- All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.



If your child develops severe symptoms, such as difficulty breathing (eg. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.