

# DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<b>If yes to 1 or more of these symptoms:</b> Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<b>If yes to 1 symptom:</b> Stay home until you feel better.
Loss of appetite	
Headache	<b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption.  Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of federal requirements.  Find out more at <a href="https://travel.gc.ca/travel-covid">https://travel.gc.ca/travel-covid</a> .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Follow the instructions provided by Public Health.

You can also check your symptoms with the K-12 Health Check (<https://k12dailycheck.gov.bc.ca>) or the BC Self-Assessment Tool (<https://bc.thrive.health>).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the BC Centre for Disease Control website for more information on COVID-19: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/>.