



SCHOOL DISTRICT NO. 57 (PRINCE GEORGE)

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Daily Health Check for Staff and Visitors

Daily Health Check		
Key Symptoms of Illness		What to do
Fever (above 38°C)	YES/NO	IF yes to 1 or more of these symptoms: <ul style="list-style-type: none"> Stay home & get a health assessment Northern Health COVID line 1-844-645-7811 or 811
Chills	YES/NO	
Cough	YES/NO	
Difficulty Breathing	YES/NO	
Loss of sense of smell or taste	YES/NO	
Other Symptoms		What to do
Sore Throat	YES/NO	IF yes to 1 symptom <ul style="list-style-type: none"> Stay home, until you feel better (if longer than 24 hours, see below) IF yes to 2 or more symptoms <ul style="list-style-type: none"> Stay home for 24 hours. If not better or symptoms get worse, contact Northern Health COVID line 1-844-645-7811 or 811
Loss of appetite	YES/NO	
Headache	YES/NO	
Body Aches	YES/NO	
Extreme fatigue or tiredness	YES/NO	
Nausea and vomiting	YES/NO	
Diarrhea	YES/NO	
International Travel		What to do
Have you returned from travel outside of Canada in the last 14 days?	YES/NO	Anyone who has travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.
Close Contact		What to do
	YES/NO	If someone in your household tests positive for COVID-19: Self-Isolate for 14 days: Self-isolation is important to help reduce the spread of COVID-19 to others. Monitor yourself for symptoms: If you develop symptoms, you should seek testing. Public Health will contact you if they determine you have been a close contact of someone outside of your household.