

# Daily Health Check



Week of: \_\_\_\_\_ Name of child: \_\_\_\_\_

I commit to conducting the following daily checks & take my child's temperature each day before they come to school:

Name of parent/guardian: \_\_\_\_\_

Key Symptoms of Illness:	Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> Coughing or worsening of a chronic cough					
<input type="checkbox"/> Loss of sense of smell or taste					
<input type="checkbox"/> Shortness of breath / difficulty breathing					
<input type="checkbox"/> Feeling unwell / fatigue					
<input type="checkbox"/> Chills					
<input type="checkbox"/> Nausea / vomiting					
<input type="checkbox"/> Fever					
<input type="checkbox"/> Diarrhea					
<b>Health Check Completed (all good)</b>					

**If you have answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), your child should stay home for 24 hours from when symptoms started. Your child may return to school when they are feeling well enough. If the symptoms persist or worsen, seek a health assessment.**

**If your child answered yes to two or more of the questions included under ‘Symptoms of Illness’ or they 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, your child should not return to school until COVID-19 has been excluded and their symptoms have improved.

Has your child, or anyone in your household, had close contact with someone who has a confirmed case of the COVID-19 virus?  Yes  No

Have you, or anyone in your household, travelled to any countries outside of Canada, including the US (United States), within the last 14 days?  Yes  No

**If you answered “yes” to one or both questions above, but do not currently have any symptoms:** The Ministry of Health and BCCDC state that you need to **consult a health care provider**.

**If you answered “yes” to one or both questions above, and have developed symptoms:** The Ministry of Health and BCCDC state that you need to isolate and avoid contact with others for at least **10 days** after the onset of symptoms and **consult a health care provider**.

- For any medical information please call 8-1-1 or your health provider.
- If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should be tested for COVID-19.
- For any non-medical information about COVID-19 (including information related to travel) please call 1-888-COVID19 (1-888-268-4319). This service is available 7 days a week from 7:30am to 8:00pm

- If the staff/student (or their parent) indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.
- For mild symptoms without fever, student/staff can monitor at home for 24 hours. If symptoms improve, they can return to school without further assessment.
- If symptoms include fever, or if after 24 hours, symptoms remain unchanged or worsen, seek a health assessment. A health assessment can include calling 8-1-1, a primary care provider like a physician or nurse practitioner or going to a COVID-19 testing centre.