

The following is a resource of a daily health check to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness ¹ :	Do you have any of the following new key symptoms?	Circle One	
		Fever (37.5°C or higher is considered a fever)	Yes
Chills	Yes	No	
Cough or worsening of chronic cough	Yes	No	
Shortness of breath	Yes	No	
Loss of sense of smell or taste	Yes	No	
Diarrhea	Yes	No	
Nausea and vomiting	Yes	No	
2. International Travel:	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	Yes	No
3. Confirmed Contact:	Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?	Yes	No

1. If you answered “Yes” to one (1) of the questions included under “Key Symptoms of Illness” (excluding fever) you should stay home for 24 hours from when the symptoms started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.
2. If you answered “Yes” to two (2) or more of the questions included under “Key Symptoms of Illness” or you have a fever, seek a health assessment. A health assessment includes calling 811, or a primary health care provider such as a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID19 has been excluded and your symptoms have improved.
3. When a COVID19 test is recommended by the health assessment:
 - If the COVID19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
 - If the COVID19 test is **negative**, you can return to school once the symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
 - If a COVID19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (ie., not COVID19).

If you answered “Yes” to questions 2 or 3, use the [COVID19 Self-Assessment Tool](#) to determine if you should seek testing for COVID19. **Note:** Testing is available for anyone with cold, influenza or [COVID-19-like symptoms](#). For information on how to prepare a child or youth for testing, see this BCCDC [webpage](#).

¹ For a full list of symptoms, visit: [BC CDC’s Symptoms of COVID-19](#).