

### Appendix M – Daily Health Check – Staff/Visitors

| Daily Health Check  |  |                        |     |
|---|--|------------------------|-----|
| 1. Key Symptoms<br>If yes to 1 or more: Stay home.<br>-Contact a health care provider or 8-1-1 about your symptoms and next steps.  | Do you have any of the following symptoms?                           | Circle One             |     |
|   |  | Fever higher than 38 C | Yes |
|   | Chills   | Yes                    | No  |
|   | Cough  | Yes                    | No  |
|   | Loss of sense of smell or taste                                      | Yes                    | No  |
|   | Difficulty Breathing   | Yes                    | No  |
| 2. Secondary Symptoms<br>-If yes to 1: Stay home until you feel better.<br>-If yes to 2 or more: Stay home for 24 hours.<br>-If symptoms don't get better or get worse; contact a health care provider or 8-1-1 about your symptoms and next steps. | Sore Throat  | Yes                    | No  |
|   | Loss of Appetite   | Yes                    | No  |
|   | Extreme Fatigue or tiredness   | Yes                    | No  |
|   | Headache   | Yes                    | No  |
|   | Body Aches   | Yes                    | No  |
|   | Nausea and vomiting  | Yes                    | No  |
|   | Diarrhea   | Yes                    | No  |
| 3. International Travel<br>-If yes*: See below.   | Have you returned from travel outside of Canada in the last 14 days? | Yes*                   | No  |
| 4. Confirmed Contact<br>-If yes: Follow Public Health advice.   | Are you a confirmed contact of a person confirmed to have COVID-19?  | Yes                    | No  |

\*If yes: Fully vaccinated staff and other adults who have travelled outside of Canada may qualify for the [fully vaccinated traveller exemption](#). Staff and other adults who are not [fully vaccinated](#) and have travelled outside of Canada CANNOT attend school for 14 days after arrival, as part of [federal requirements](#).

Please note, the [When to get tested for COVID-19 webpage](#) can be used to complete the daily health check but staff must complete the Daily Health Check via engage before entering the site.

If you have any **concerns** or **questions** about your health, you may contact 8-1-1 at any time.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

**A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.**

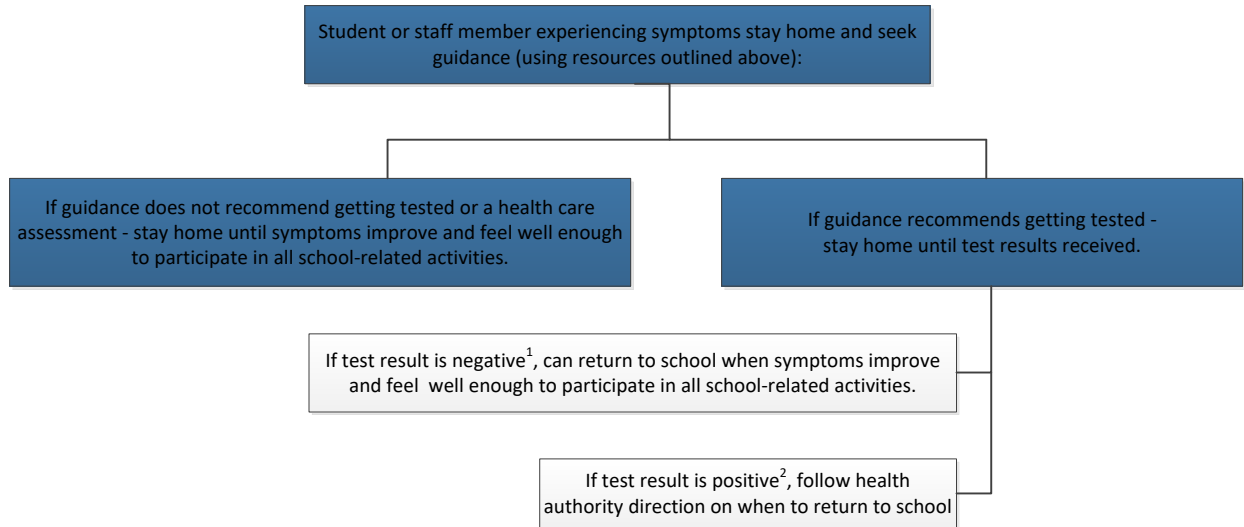
#### STAFF OR VISITORS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete the Daily Health Check for myself before I arrive on-site. All SD 62 staff must complete the Daily Health Check via Engage, or by other pre-arranged means with their Site-Based Manager or P/VP if no internet access, before entering the site. This document must be reviewed daily but does not need to be submitted daily to the school/site.

Once you have reviewed this document, please consent as per sites process confirming that you understand your role and that you will assess yourself for daily for symptoms.

## COVID-19 Symptoms, Testing & Return to School

When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended. See the [K-12 Health Check app](#) and BCCDC “[When to get tested for COVID-19](#)” resource for specific guidance. Staff, students and parents/caregivers can also use the BCCDC online [Self-Assessment Tool](#), or call 8-1-1 or their health care provider.



1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](#) has information on receiving negative test results.

2. Public health will contact everyone with a positive test. Visit the BCCDC website for more information on [positive test results](#).

Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings, October 1, 2021