

## Appendix K - SD62 Daily Health Check

### If you have symptoms of illness, stay home.

Most people do not need testing for COVID-19. Use the [BC COVID 19 \(thrive.health\)](https://www.bccdc.ca/health-info/covid-19) or connect with 811 or your healthcare provider to find out if a COVID-19 test is recommended.

#### Symptoms of COVID-19 include:

Fever or Chills	Cough	Loss of sense of smell or taste	Difficulty breathing
Sore throat	Loss of appetite	Runny nose	Sneezing
Headache	Body aches	Extreme fatigue/tiredness	Diarrhea
Nausea or vomiting			

### Go to an emergency dept. or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Cant drink anything
- Feel very sick
- Feel confused

Mild Symptoms

Test Positive

### If you have MILD SYMPTOMS (or have tested negative) STAY HOME.

For most people testing is not recommended.

Mild symptoms can be managed at home.

### Return to School/ Work

Stay home until you feel well enough to return to your regular activities.

### If you TEST POSITIVE: SELF ISOLATE

1. [Complete the online form to report your test result](#)
2. Manage your own symptoms
3. Let your close contacts know

You can end isolation and return to school/work pending on your age and vaccination status. To determine your isolation requirements please call 811 or visit the BC CDC at

[If You Have COVID-19 \(bccdc.ca\)](https://www.bccdc.ca/)

### If you still have symptoms

Continue to isolate longer if you have a fever or not feeling better. If you are unsure or concerned connect with your health care provider or call 811.

### What to do if someone is sick in your household:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Home \(gov.bc.ca\)](https://www.gov.bc.ca/)

You can attend school/work if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities, AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

### PARENTS/GUARDIANS, STAFF OR VISITORS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete this daily for myself (or your child) before arriving on-site. I will review the Health Check daily when assessing myself (or your child). Once you have reviewed this document, please consent as per school's process confirming that you understand this and that you will assess yourself (or your child) daily for symptoms.