



Daily Health Check

Updated March 2, 2021

Does your child have any of the following symptoms?				
1. Key Symptoms of Illness		CIRCLE ONE		WHAT TO DO
Fever (above 38°C)	YES	NO	If yes to 1 or more of these symptoms: Stay home and get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps.	
Chills	YES	NO		
Cough or worsening of chronic cough	YES	NO		
Difficulty breathing	YES	NO		
Loss of sense of smell or taste	YES	NO		
2. Other Symptoms			WHAT TO DO	
Sore throat	YES	NO	If yes to 1 symptom: Stay home until you feel better.	
Loss of appetite	YES	NO		
Headache	YES	NO	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps	
Body aches	YES	NO		
Extreme fatigue or tiredness	YES	NO		
Nausea and vomiting	YES	NO		
Diarrhea	YES	NO		
3. International Travel			WHAT TO DO	
Have you returned from travel outside Canada in the last 14 days?	YES	NO	If yes: All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.	
4. Confirmed Contact			WHAT TO DO	
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	YES	NO	If yes: Please follow the instructions provided by Public Health.	

When a **COVID-19 test** is recommended by the health assessment ([COVID-19 Self-Assessment Tool](#)):

- If the COVID-19 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 COVID-19 test is **negative**, you can return to school once 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 COVID-19 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, 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 COVID-19 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 (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.