



## Daily Health Check (as of September 21, 2020)

Dear Staff,

All individuals are required to perform a daily health check at home prior to attending work. The **BC Centre for Disease Control** has updated its recommendations in regard to the daily health check requirements.

Please review the updated requirements below and use them to assess your health daily. We have also updated this form on our website for your reference.

**1. Symptoms of Illness:** Are you experiencing any of following symptoms?

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> fever                               | <input type="checkbox"/> shortness of breath             | <input type="checkbox"/> nausea and vomiting |
| <input type="checkbox"/> chills                              | <input type="checkbox"/> loss of sense of smell or taste |  |
| <input type="checkbox"/> cough or worsening of chronic cough | <input type="checkbox"/> diarrhea                        |  |

If you answered “Yes” to one of the symptoms above (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to work when you feel well enough. If the symptom(s) persists or worsens, seek a health assessment.

If you answered “Yes” to two of the symptoms above or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1 or visiting or speaking with a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to work until COVID-19 has been excluded and your symptoms have improved.

**2. International Travel:** Have you returned from travel outside of Canada in the last 14 days?

**3. Confirmed Contact:** Are you a confirmed contact of a person confirmed to have COVID-19?

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool \(https://www.thrive.health/bc-self-assessment-tool\)](https://www.thrive.health/bc-self-assessment-tool) to determine if you should seek testing for COVID-19.

When a **COVID-19 test** is recommended by the health assessment:

- If the COVID-19 **test is positive**, you are to 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 work 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, and your symptoms are not related to a previously diagnosed health condition, you are to stay home from work until 10 days after the onset of symptoms, and then may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to work 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 COVID-19).

This information is posted on the District website for reference.