

## Daily Health Check – Students

(February 16, 2021)

### Important Information – Please Translate

這是一份重要資訊 — 請找人為您翻譯 這是一份重要信息 — 請找人為您翻譯

Mahalagang Impormasyon - Paki salin sa sariling wika

Thông tin quan trọng - Xin tìm phiên dịch

ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ-ਮਿਹਰਬਾਨੀ ਕਰਕੇ ਅਨੁਵਾਦ ਕਰੋ/ਕਰਵਾਓ

महत्वपूर्ण जानकारी - कृपया अनुवाद करें

중요한 정보 - 번역 부탁드립니다

Información importante - Por favor traducir

معلومات مهمة - الرجاء الترجمة

重要な情報-翻訳してください

اطلاعات مهم - لطفا ترجمه کنید

Dear Parents,

The Ministry Daily Health Check for students can also be accessed on-line or through the Ministry App. These are listed on the district and school websites under Covid-19 Pandemic Response banner.

If your child has any of the symptoms listed below, follow the instructions.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> <li>Fever (above 38° C)</li> <li>Chills</li> <li>Cough</li> <li>Loss of sense of smell or taste</li> <li>Difficulty breathing</li> </ul>	<p>1 or more of these symptoms:</p> <ul style="list-style-type: none"> <li>Stay home.</li> <li>Contact health care provider or 8-1-1 about your symptoms and next steps.</li> </ul>
<ul style="list-style-type: none"> <li>Sore throat</li> <li>Loss of appetite</li> <li>Headache</li> <li>Body aches</li> <li>Extreme fatigue or tiredness</li> <li>Nausea or vomiting</li> <li>Diarrhea</li> </ul>	<p>If you have <b>1 symptom</b>:</p> <ul style="list-style-type: none"> <li>Stay home until you feel better.</li> <li>If you have concerns or questions about your health, please contact 8-1-1 at any time.</li> </ul> <p>If you have <b>2 or more of these symptoms</b>:</p> <ul style="list-style-type: none"> <li>Stay home and wait 24 hrs. to see if you feel better. If symptoms don't get better or get worse, get a health assessment; contact a health care provided or 8-1-1 about your symptoms and next steps.</li> </ul>
<p><b>Close Contact</b></p> <p>If you are a <b>close contact</b> of someone who has COVID-19 and have any of the symptoms listed above.</p> <ul style="list-style-type: none"> <li>Get tested and stay home.</li> <li>You will know this is the case, as you would have been contacted by Public Health. For more information on close contacts, go to <a href="http://www.bccdc.ca/covid19closecontacts">http://www.bccdc.ca/covid19closecontacts</a>.</li> <li>If you are unsure, please contact 8-1-1.</li> </ul>	
<p><b>International Travel</b></p> <p>Have you returned from travel outside Canada in the last 14 days?</p> <ul style="list-style-type: none"> <li>All students and staff who have travelled outside of Canada are required to <b>self-quarantine</b> for 14 days after arrival under both provincial and federal orders.</li> </ul>	
<p>If your child develops severe symptoms, such as difficulty breathing (eg. struggling to breathe or speaking in single words) or chest pain, <b>call 9-1-1 or go to the nearest Emergency Department.</b></p>	