



Daily Health Check

(as of September 21, 2020)

Dear Parent/Guardian,

Parents and caregivers are required to perform a daily health check with their child(ren) at home prior to attending school. The **BC Centre for Disease Control** has updated its recommendations in regard to the daily health check requirements. Please use this revised version.

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

Parents and caregivers please take time to review with your child prior coming to school.

1. Symptoms of Illness: Does your child have any of the following symptoms?

- | | | |
|--|--|--|
| ☐ fever | ☐ shortness of breath | ☐ nausea and vomiting |
| ☐ chills | ☐ loss of sense of smell or taste | |
| ☐ cough or worsening of chronic cough | ☐ diarrhea | |

If you answered “Yes” to one of the symptoms above (excluding fever), your child should stay home for 24 hours from when the symptom started. If the symptom improves, they may return to school when they 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 your child has 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, your child should not return to school until COVID-19 has been excluded and their symptoms have improved.

2. International Travel: Has your child returned from travel outside of Canada in the last 14 days?

3. Confirmed Contact: Is your child 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**, your child is 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**, your child can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless they 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 child’s symptoms are not related to a previously diagnosed health condition, your child is to stay home from school until 10 days after the onset of symptoms, and then they may return if they are feeling well enough.

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

If a student exhibits symptoms while at school; parents will be contacted, a mask will be provided for the student, and the student will be moved to a secure space to await pick-up.

This information is posted on the District website for reference.

(Please tear off and return to school with your child or access School Cash On-line to acknowledge receipt.)

I have reviewed the above Daily Health Check requirements and will follow the **BC Centre for Disease Control** daily health screening.

Student Name: _____

Grade: _____

Classroom/Learning Group Teacher: _____

Parent Signature: _____