



Daily Health Check- Staff

(September 2021)

Dear Staff,

All individuals are required to perform an active daily health check prior to attending work. The BC Centre for Disease Control has updated its information on when to get tested for COVID-19 and WorkSafeBC has updated its requirements with regards to the completion and tracking of active daily health checks in the workplace.

Please use the table below daily, to assess your health and fitness for work.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> • Fever (above 38° C) • Chills • Cough • Loss of sense of smell or taste • Difficulty breathing 	<p>1 or more of these symptoms:</p> <ul style="list-style-type: none"> • Stay home. • Contact health care provider or 8-1-1 about your symptoms and next steps.
<ul style="list-style-type: none"> <li style="width: 50%;">• Sore throat <li style="width: 50%;">• Extreme fatigue or tiredness <li style="width: 50%;">• Loss of appetite <li style="width: 50%;">• Nausea or vomiting <li style="width: 50%;">• Headache <li style="width: 50%;">• Diarrhea <li style="width: 50%;">• Body aches 	<p>If you have 1 symptom:</p> <ul style="list-style-type: none"> • Stay home until you feel better. • 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. <p>If you have 2 or more of these symptoms:</p> <ul style="list-style-type: none"> • 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 provider or 8-1-1 about your symptoms and next steps.
<ul style="list-style-type: none"> • Staff who experience symptoms consistent with a previously diagnosed health condition (e.g. seasonal allergies) can continue to attend school when they are experiencing these symptoms as normal. <p>Close Contact If you are a confirmed close contact of someone who has COVID-19 you must follow the instructions provided by Public Health.</p> <ul style="list-style-type: none"> • You will know this is the case, as you would have been contacted by Public Health. For more information on close contacts, go to http://www.bccdc.ca/covid19closecontacts. • If you are unsure, please contact 8-1-1. 	
<p>International Travel Have you returned from travel outside Canada in the last 14 days?</p> <ul style="list-style-type: none"> • All staff are required to follow the Federal travel regulations. Employees should not put themselves in a position where isolation is required, due to travel, that could impact their scheduled work. 	
<ul style="list-style-type: none"> • If you develop severe symptoms, such as difficulty breathing (e.g., struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department. 	

When a COVID-19 test is recommended by 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. 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.
- If a COVID-19 test is recommended, stay home until test results are received.
- 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 (i.e., not COVID-19).
- If unsure, contact 8-1-1.