



September 2020

Dear Parents/Guardians:

**Re: Daily Health Check**

Prior to September, your school sent you a Daily Health Check Form to complete and return to the school one time only. Please continue with that process, as we need your acknowledgement, care and consideration, to ensure we keep our school community healthy and safe.

On September 11, 2020, the BCCDC and BC's Ministry of Health updated its [COVID-19 Public Health Guidance K-12 Settings](#). As a result, the section on daily health check procedures was amended. Please see the new questions followed by health recommendations.

**You are not required to complete or submit a new daily health check form**, however; we encourage you to use this revised document as a reference when completing the daily health check with your child.

Our District's procedure is for all students to complete a daily health check at home prior to entering school and/or boarding a District bus.

If a student answers "yes" to any of the following questions they will not be able to attend:

Daily Health Check			
1. Symptoms of Illness	Does your child have any of the following symptoms?	Please check Yes or No	
	Fever	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Chills	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Cough or worsening of chronic cough	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Shortness of breath	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Loss of sense of smell or taste	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Diarrhea	<input type="checkbox"/> YES	<input type="checkbox"/> NO
	Nausea and vomiting	<input type="checkbox"/> YES	<input type="checkbox"/> NO
2. International Travel	Have you returned from travel outside of Canada in the last 14 days?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

**If you answered "YES" to one of the "Symptoms of Illness" questions above (excluding fever),** you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

**If you answered "YES" to two or more of the "Symptoms of Illness" questions above or you have a fever,** seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

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

- 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, and your symptoms are not related to a previously diagnosed health condition, 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).

If you answered "YES" to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID-19.

Please review the above symptoms with your child daily. Health and safety of our students and staff is a top priority. Please contact your school administrator if you have any questions or concerns.