

Following is some information to help you navigate the most current guidelines from Public Health. Topics include:

Daily Health Check

What to do When Sick

What to Do if Someone in Your Household is Sick

Daily Health Check:

Everyone going into a school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

- Fever (above 38°C) or chills
- Difficulty breathing
- Runny Nose
- Headache
- Diarrhea
- Cough
- Sore throat
- Sneezing
- Body aches
- Loss of sense of smell or taste
- Loss of appetite
- Extreme fatigue or tiredness
- Nausea or vomiting

IF YOU ARE SICK OR FEEL UNWELL, STAY AT HOME.

This is important to stop the spread of illness, including COVID-19, in schools.

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities.

What to Do When Sick:

If you have mild symptoms of COVID-19, you usually don't need a test. Mild symptoms are symptoms that can be managed at home. Most people don't need testing for COVID-19.

Stay home and away from others (as much as possible) until you feel well enough to return to your regular activities and you no longer have a fever. You should also avoid non-essential visits to higher risk settings such as long term care facilities and gatherings.

If you have a Rapid Antigen Test at home, use it when you have symptoms.

If you do not have symptoms of COVID-19, you do not need a test.

If you are unsure about your symptoms, you can use the **Self-Assessment Tool**, contact your health care provider, or call 8-1-1.

Testing may be recommended for some people who may be more likely to get severe disease. See BCCDC for information on **who testing is recommended for**.

What to Do if Someone in Your Household is Sick:

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and you feel well. This includes if they have tested positive for COVID-19.

Try to stay apart from the person in your household who is sick as much as possible.

Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you develop symptoms of illness or feel unwell.



If you find it hard to breathe, have chest pain, can't drink anything, feel very sick, and/or feel confused, contact your health care provider right away or go to your local emergency department or call 9-1-1.