

DAILY HEALTH CHECK	
<b>KEY SYMPTOMS OF ILLNESS</b>	<b>WHAT TO DO</b>
Fever (above 38°C)	<p><b>If yes to 1 or more of these symptoms:</b> Stay home and get a health assessment. Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
<b>OTHER SYMPTOMS</b>	<b>WHAT TO DO</b>
Sore throat	<p><b>If yes to 1 symptom:</b> Stay home until you feel better.</p>
Loss of appetite	
Headache	<p><b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours. 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>
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
<b>INTERNATIONAL TRAVEL:</b>	<b>WHAT TO DO</b>
Have you returned from travel outside Canada in the last 14 days?	<p><b>If Yes:</b> Fully vaccinated students and staff who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption: <a href="https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada">https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada</a></p> <p>Students and staff who are not fully vaccinated and have travelled outside of Canada may be required to follow <a href="#">testing and quarantine requirements</a> after arrival under both provincial and federal orders.</p> <p>This includes students who are attending school from abroad. Students from outside of Canada should plan to arrive in Canada at least two weeks before they are scheduled to attend school to adhere to any applicable testing and quarantine requirements.</p>
<b>CLOSE CONTACT</b>	<b>WHAT TO DO</b>
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	<p><b>If yes:</b> Please follow the instructions provided by Public Health.</p> <p>You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p>

Check your symptoms with the [K-12 Health Check](#). If you have any questions, or the symptoms get worse, contact your healthcare provider, or call 8-1-1. For more information on COVID-19, please go to [www.bccdc.ca](http://www.bccdc.ca). 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.

Please check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

UPDATED: September 2021