

Daily Health Check

Under the new protocols and processes that will keep our schools safer, each morning it is your responsibility to do a daily health check for your children (complete for each child), prior to them attending school. That check needs to include a full review of all symptoms and questions listed on this form.

1. Key symptoms of illness

Do you have any of the following key symptoms?

- Fever
- Chills
- Cough or worsening chronic cough
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Nausea and vomiting

If you answered “YES” to any of the above symptoms, and they are not related to a pre-existing condition (e.g. allergies), your child should NOT attend school.

If only one symptom (excluding fever) is present: your child should stay home and can self-monitor/be monitored for 24 hours from when the symptom started. If the symptom continues past that window or worsens, seek a health assessment. If the symptom improves, your child may return to school when they feel well enough.

If your child has a fever, or if two or more key symptoms are present: seek a health assessment. A health assessment can include calling 811 or a primary care provider like a physician or nurse practitioner – the assessment will determine whether a COVID-19 test is recommended.

2. International travel

Have you returned from travel outside Canada in the last 14 days?

3. Confirmed Contact

Are you a confirmed contact of a person confirmed to have COVID-19?

If you answered “YES” to questions 2 or 3, or if you're worried about new symptoms you've identified, use the COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en>) or call 811 to determine if you should seek testing for COVID-19.

After a period of illness, when is it safe to return to schools?

If a COVID-19 test has been recommended, follow the guidance provided by the health professional you're working with (guidelines also listed in BC Centre for Disease Control link below). 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 to do so.

Keeping New Westminster schools safer.

Questions? Email info@sd40.bc.ca
Learn more at newwestschools.ca

