

Student (Kindergarten to grade 12)

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 (above 38°C)
- Chills
- Cough
- Difficulty breathing
- Loss of sense of smell or taste

If you answered “YES” to 1 or more of these symptoms: stay home and get a health assessment, by contacting your health care provider or calling 8-1-1, to determine the next steps.

Other symptoms:

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea and vomiting
- Diarrhea

If you answer “YES” to 1 symptom: stay home until you feel better.

If you answer “YES” to 2 or more of these symptoms: Stay home for 24 hours. If symptoms either don't get better or get worse, get a health assessment by contacting your health care provider or calling 8-1-1 to determine next steps.

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 Province's K to 12 Health Check at k12dailycheck.gov.bc.ca or call 8-1-1 to determine if you should seek testing for COVID-19 or if you may be required to self-isolate.

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

Updated: February 2021 – Based on BC Centre for Disease Control Guidelines:
bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf



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