

# 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](mailto:info@sd40.bc.ca)  
Learn more at [newwestschools.ca](http://newwestschools.ca)

