

Please do not enter the workplace if you answer YES to any of the following questions:			
<b>International Travel</b>	Have you returned from travel outside Canada in the last 14 days and have been required to quarantine or isolate?	YES	NO
<b>Confirmed Contact</b>	Have you been contacted by Public Health and identified as a confirmed contact of a person with COVID-19?	YES	NO
	Has Public health instructed you to self-isolate?	YES	NO
Are you experiencing any of the following <u>new</u> or <u>worsening</u> symptoms?			
<b>Key Symptoms of Illness</b>	Fever or Chills	YES	NO
	Cough	YES	NO
	Loss of sense of smell or taste	YES	NO
	Difficulty breathing	YES	NO
	Sore throat	YES	NO
	Loss of appetite	YES	NO
	Extreme fatigue or tiredness	YES	NO
	Headache	YES	NO
	Body aches	YES	NO
	Nausea or vomiting	YES	NO
	Diarrhea	YES	NO

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

If you answered "YES" to one of the questions included under 'Key Symptoms of Illness' (excluding fever), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to the school/district site when you feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered "YES" to two or more of the questions included under 'Symptoms of Illness' or you have a fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to the school/district site until COVID-19 has been excluded and your symptoms have improved.

**When a COVID-19 test is recommended by the health assessment:**

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 test is **negative**, you can return to the school/district site once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from the school/district site until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to the school/district site when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19.

**A health-care provider note (i.e. a doctor's note) should not be required to confirm the health status of any individual.**