

## DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<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.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<b>If yes to 1 symptom:</b> Stay home until you feel better.
Loss of appetite	
Headache	<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.
Body aches	
Extreme fatigue or tiredness	
Nausea and vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> All students and staff who have travelled outside of Canada are required to follow both provincial and federal requirements for entry.  This includes students who are attending school from abroad. Students from outside of Canada should verify their entry status at least two weeks before they are scheduled to attend school. Additional information is available <a href="#">here</a> .
CLOSE CONTACT	WHAT TO DO
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Please follow the instructions provided by Public Health.  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.

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).

**Note: If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words), having a very hard time waking up, confusion, or severe chest pain, call 9-1-1 or go to the nearest Emergency Department.**

If you develop symptoms such as mild to moderate shortness of breath, inability to lie down because of difficulty breathing, or have chronic health conditions that you are having difficulty managing because of difficulty breathing, Please consult your family doctor or nurse practitioner. You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling