

## Staff and Visitors

# Daily Health Check

Under the new protocols and processes that will keep our schools safer, each morning it is your responsibility to pass a daily health check, prior to arriving at work. That check needs to include a full review of all the symptoms and questions listed on this form.

### 1. Key symptoms of illness

Do you have any of the following key symptoms?

- Fever or chills
- Cough or worsening chronic cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

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

**If only one symptom (excluding fever) is present you should stay home** and can self-monitor 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, you may return to work when you feel well enough.

**If you have a fever, or if two or more key symptoms are present seek a health assessment.** A health assessment can include calling 8-1-1 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 at [bc.thrive.health/covid19](https://bc.thrive.health/covid19) or call 8-1-1 to determine if you should seek testing for COVID-19.

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

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, you can return to work when symptoms improve and you feel well enough to do so.

### 4. Documenting you've passed

As part of this process, which is required for all staff and adult visitors who enter a school or school board facility, confirmation of having completed and passed the Daily Health Check must be logged each day – either in advance or upon immediate entry of the building.

## Keeping New Westminister schools safer

Questions? Email [info@sd40.bc.ca](mailto:info@sd40.bc.ca)  
Learn more at [newwestschools.ca](https://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](https://bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf)



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