

Appendix L – Daily Health Check – Parents/Guardians

Daily Health Check			
1. Key Symptoms If yes to 1 or more: Stay home and get a health assessment. -Contact a health care provider or 8-1-1 about your symptoms and next steps.	Does your child have any of the following symptoms?	Circle One	
	Fever higher than 38 °C	Yes	No
	Chills	Yes	No
	Cough	Yes	No
	Loss of sense of smell or taste	Yes	No
	Difficulty Breathing	Yes	No
2. Secondary Symptoms -If yes to 1: Stay home until you feel better. -If yes to 2 or more: 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.	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue or tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea and vomiting	Yes	No
	Diarrhea	Yes	No
3. International Travel -If yes: Self isolate for 14 days	Have you returned from travel outside of Canada in the last 14 days?	Yes*	No
4. Confirmed Contact -If yes: Follow Public Health advice.	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

Please note, [K-12 Health Check app](#) can be used to complete the daily health check.

If you have any **concerns** or **questions** about your health, you may contact 8-1-1 at any time.

*Please visit [COVID-19 vaccinated travellers entering Canada - Travel restrictions in Canada – Travel.gc.ca](#) to determine if exempt from this requirement.

If a COVID-19 test is not recommended by the health assessment, the child can return to school when symptoms improve and they 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).

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

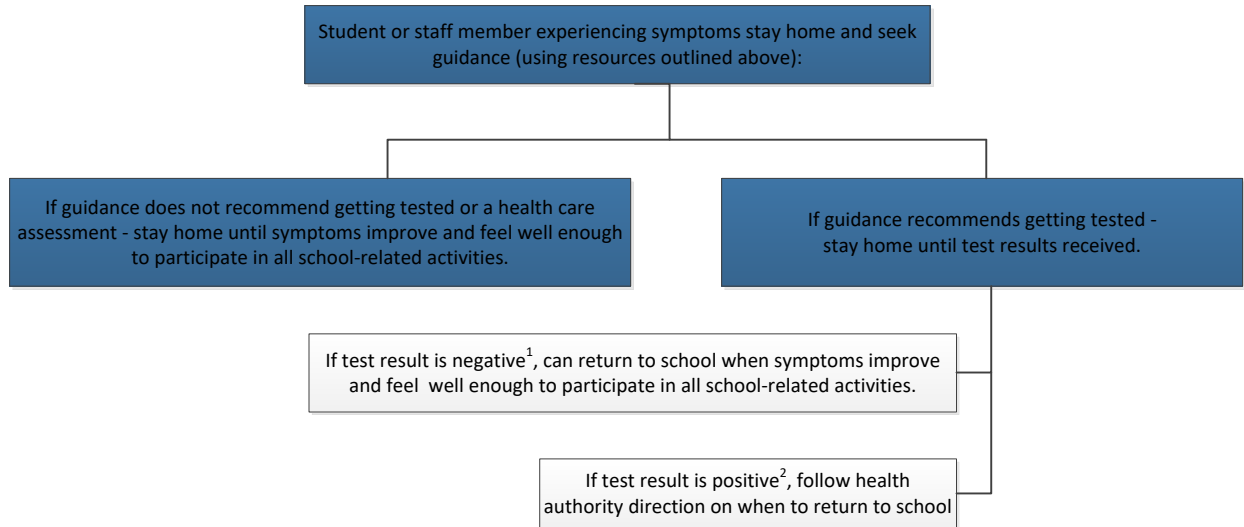
PARENTS CONSENT OF UNDERSTANDING:

I have read and reviewed the Daily Health Check and understand I must complete this daily for my child before they arrive on-site. I will review this checklist daily when assessing my child.

Once you have reviewed this document, please consent as per school's process confirming that you understand this and that you will assess your child daily for symptoms.

COVID-19 Symptoms, Testing & Return to School

When a student, staff or other adult can return to school depends on the type of symptoms they experienced and if a COVID-19 test is recommended. See the [K-12 Health Check app](#) and BCCDC "[When to get tested for COVID-19](#)" resource for specific guidance. Staff, students and parents/caregivers can also use the BCCDC online [Self-Assessment Tool](#), or call 8-1-1 or their health care provider.



1. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](#) has information on receiving negative test results.

2. Public health will contact everyone with a positive test. Visit the BCCDC website for more information on [positive test results](#).

Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings, August 24, 2021