



Student Health Check Form

This is to confirm you understand your responsibility to conduct this Daily Health Check on your child.

All parents, guardians and/or caregivers have the responsibility to conduct a Daily Health Check of your child each day before sending them to school.

Daily Health Assessment		CIRCLE ONE		What To Do
Symptoms of Illness:	Do you have any of the following symptoms?			
Symptoms Group 1	Fever (above 38°C)	YES	NO	1 or more of these symptoms Get tested and stay home
	Chills	YES	NO	
	Cough	YES	NO	
	Difficulty Breathing	YES	NO	
	Loss of sense of smell or taste	YES	NO	
Symptoms Group 2	Diarrhea	YES	NO	If you have 1 symptom Stay home until you feel better
	Loss of appetite	YES	NO	
	Nausea and vomiting	YES	NO	2 or more of these symptoms Stay home and wait 24 hours to see if you feel better
	Sore throat	YES	NO	
	Headache	YES	NO	
	Body aches	YES	NO	
	Extreme fatigue or tiredness	YES	NO	Get tested if not better in 24hrs.
	Extreme fatigue or tiredness	YES	NO	
Have you returned to Canada from any country (includes US) within the last 14 days?		YES	NO	
If YES - Please self-quarantine for 14 days from the day you arrived in Canada. You do not need testing at this time.				

If you answered “YES” to any of the questions and the symptoms are not related to a pre-existing condition (e.g. allergies) please do not enter the school.

If you are a close contact of someone who has COVID-19 and have any of the symptoms listed above:

Get tested and stay home.

[Check your child's 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

If a COVID-19 test is not recommended by the health assessment, you can return to school 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).

You will be notified if you are a close contact. For more information on close contacts, go to:

<http://www.bccdc.ca/covid19closecontacts>

For more information on COVID-19, go to www.bccdc.ca

If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.