

# Daily Health Checklist



## DAILY HEALTH CHECK

<b>1. Key Symptoms of Illness*</b>	<b>Does your child have any of the following symptoms?</b>
	Fever
	Chills
	Cough or worsening of chronic cough
	Shortness of breath
	Loss of sense of smell or taste
	Diarrhea
	Nausea and vomiting
<b>2. International Travel</b>	<b>Have you returned from travel outside Canada in the last 14 days?</b>
<b>3. Confirmed Contact</b>	<b>Are you a confirmed contact of a person confirmed to have COVID-19?</b>

\* 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), your child should stay home for 24 hours from when the symptom started. If the symptom improves, your child may return to school when they 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 'Key Symptoms of Illness' or if they have fever, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or a nurse practitioner. If a health assessment is required, your child should not return to school until COVID-19 has been excluded and the symptoms have improved.

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

- If the COVID-19 test is **positive**, your child 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**, your child can return to school once symptoms have improved and your child feels 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 the symptoms are not related to a previously diagnosed health condition, your child should stay home from school until 10 days after the onset of symptoms, and then your child may return if they are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, your child can return to school when symptoms improve and your child feels 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 be tested 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.**

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