



School District 60 PRN

# Have You Completed A Daily Health Check?

## Daily Health Check

Everyone going into to school must complete a daily health check, including staff, visitors, and students. A daily health check means checking yourself or your child for new symptoms of illness, including symptoms of COVID-19.

Symptoms of illness (including COVID-19) include things like:

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

**If you are sick or feel unwell, stay at home. This is important to stop the spread of illness, including COVID-19, in schools.**

You can attend school if:

- Your symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies), OR
- You have existing symptoms that have improved to where you feel well enough to return to regular activities,

AND you are not required to self-isolate, or your self-isolation period is over (based on a positive COVID-19 test result, if taken).

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

## Help Us Keep Our School Healthy & Safe!!