

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

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., allergies), OR
- Your symptoms that have improved to where you feel well enough to return to regular activities,

If diagnosed with Covid-19, in addition to the above:

As per the [BCCDC](#) you may return to school when your fever has resolved.