



Please Complete this Self-Health Check Daily Before Entering

Key Symptoms of Illness	Do you have any of the following key symptoms?		
	Cough – new or worsening chronic	Yes	No
	Fever	Yes	No
	Chills	Yes	No
	Shortness of Breath	Yes	No
	Loss of sense of smell or taste	Yes	No
	Diarrhea	Yes	No
	Nausea and vomiting	Yes	No
International Travel	Have you returned from travel outside of Canada in the last 14 days?	Yes	No
Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	Yes	No

If the answer is "YES" to one of the questions included under 'Key Symptoms of Illness' (excluding fever), the student should stay home for 24 hours from when the symptom started. If the symptom improves, the student may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If the answer is "YES" to two or more of the questions included under 'Key Symptoms of Illness' or the student has a fever, seek a health assessment. A health assessment includes calling 8-1-1 or a primary care provider like a physician or nurse practitioner. If a health assessment is required, the student should not return to school until COVID-19 has been excluded and your symptoms have improved.

If the answer is "YES" to the international travel or confirmed contact question, the parent/student should seek public health advice to determine if the student should seek testing for COVID-19.