


# Daily Health Check - Acknowledgement Form

 <b>DAILY HEALTH CHECK</b>	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C) Chills Cough Difficulty breathing Loss of sense of smell or taste	<b>If yes to 1 or more of these symptoms:</b> Stay home and get a health assessment.  Contact a health care provider or 8-1-1 about your symptoms and next steps.
OTHER SYMPTOMS	WHAT TO DO
Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea and vomiting Diarrhea	<b>If yes to 1 symptom:</b> Stay home until you feel better.  <b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours.  If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.  This includes students who are attending school from abroad. Students from outside of Canada should plan to arrive in Canada at least two weeks before they are scheduled to attend school to adhere to the self-quarantine orders. Additional information is available <a href="#">here</a> .
CLOSE CONTACT	WHAT TO DO
Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Please follow the instructions provided by Public Health.  You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.

Check your 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. For more information on COVID-19, please go to [www.bccdc.ca](http://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.

Please check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

To open a print-friendly copy of the Daily Health Checklist, please see the webpage: <https://www.sd44.ca/COVID-19/dailyhealthcheck>

If you have questions about the Daily Health Check, please contact the office at your child's school.

Form #: 1200-99-01  
 School Year: 2021 - 2022

# The responsibility of Parents/Guardians to assess their child for symptoms of COVID-19

It is a parent/guardian's responsibility to assess their children daily for symptoms of COVID-19 before sending them to school.

Parents/guardians must confirm they understand how to complete the daily health check and that it must be completed daily. The above Daily Health Checklist can be used by parents/guardians for the daily assessment of their children for symptoms.

Students who are sick should stay home and not attend school.

Students who become sick at school will be sent home as soon as possible.

By signing this form, I acknowledge:

- I understand that it is my responsibility to assess my child daily before sending them to school.
- I understand how to complete a daily health check.
- I understand I must complete a health check for my child daily.

## Parent/Guardian Acknowledgement

By typing your name here, you are agreeing with the statement above.

Parent/Guardian: (First Name) \_\_\_\_\_ (Last Name) \_\_\_\_\_

## Student Information

Student Legal Name: (First Name) \_\_\_\_\_ (Last Name) \_\_\_\_\_

MyEd BC Student #\*: \_\_\_\_\_

(\*Can be obtained by your school's office if you don't know. This is NOT the student PEN number.)