




|  <b>DAILY HEALTH CHECK</b>                 |   |
|---|---|
| KEY SYMPTOMS OF ILLNESS   | WHAT TO DO  |
| Fever (above 38C)<br>Chills<br>Cough<br>Difficulty breathing<br>Loss of sense of smell or taste                             | <b>If yes to 1 or more of these symptoms:</b><br>Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.  |
| OTHER SYMPTOMS  | WHAT TO DO  |
| Sore throat<br>Loss of appetite<br>Headache<br>Body aches<br>Extreme fatigue or tiredness<br>Nausea or vomiting<br>Diarrhea | <b>If yes to 1 symptom:</b><br>Stay home until you feel better.<br><b>If yes to 2 or more of these symptoms:</b><br>Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 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><br>Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the <a href="#">fully vaccinated traveller exemption</a> .<br><br>Students, staff and other adults who are not <a href="#">fully vaccinated</a> and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of <a href="#">federal requirements</a> . |
| CLOSE CONTACT   | WHAT TO DO  |
| Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?                | <b>If yes:</b><br>Follow the instructions provided by Public Health.  |

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

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms like difficulty breathing (struggling to breath or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

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

This poster is available in 12 other languages here:  
<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>