

COVID-19 Daily Health Assessment

All parents, guardians, and/or caregivers have the responsibility to conduct a Daily Health Assessment of your child(ren) each day before sending them to school.

Similarly, all VSB staff must complete a Daily Health Assessment and confirm completion each day at sign-in or with their supervisor. *Do not return this form to your school/supervisor.*

Keep a copy of this Daily Health Assessment in a handy area at home (such as in your kitchen) and incorporate this Daily Health Assessment into your morning routine, before leaving for school or work.

Daily Health Assessment			
1. COVID-19 Symptoms		Do you have any of the following symptoms?	
Fever (over 38°C)		YES	NO
Chills		YES	NO
Cough or worsening of chronic cough		YES	NO
Difficulty breathing		YES	NO
Loss of sense of smell or taste		YES	NO
Sore throat		YES	NO
Loss of appetite		YES	NO
Extreme fatigue or tiredness		YES	NO
Headache		YES	NO
Body aches		YES	NO
Nausea and vomiting		YES	NO
Diarrhea		YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Close Contact	Have you had contact with a person who has COVID-19? You would have been advised of this by Public Health.	YES	NO
4. Isolate	Have you been told to isolate by Public Health?	YES	NO

WHAT TO DO NEXT

If you answered “No” to all of the above (1-4), the student or staff member is welcome to attend school or work.

1. If you answered “Yes” to any of the above symptoms, follow the instructions below:

SYMPTOMS		WHAT TO DO
Fever (above 38°C) Chills Cough	Loss of sense of smell or taste Difficulty breathing	1 or more of these symptoms: Get tested and stay home.
Sore throat Loss of appetite Headache Body aches	Extreme fatigue or tiredness Nausea or vomiting Diarrhea	If you have 1 symptom: Stay home until you feel better. If you have 2 or more of these symptoms: Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.

2. If you answered “Yes” to travelling internationally within the last 14 days,
Self-quarantine for 14 days at home from the date that you arrived back in Canada.

3. If you answered “Yes” to being a Public Health confirmed close contact of someone who has COVID-19,
Self-isolate at home for 14 days. If you also have any symptoms or develop any, get tested for COVID-19.
Note: People who are close contacts are notified by Public Health.

4. If you answered “Yes” to having been told to isolate, you must stay home until Public Health says it is safe to return
Access the BC COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en>) anytime to determine if you/your child should seek testing for COVID-19.