

Mandatory Daily Health Declaration Process for Staff and Students

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
<ul style="list-style-type: none"> • Fever (above 38°C) • Chills • Cough • Difficulty Breathing • Loss of sense of smell or taste 	<p>If yes to 1 or more of these symptoms: Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
OTHER SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> • Sore throat • Loss of appetite • Headache • Body aches • Extreme fatigue or tiredness • Nausea and vomiting • Diarrhea 	<p>If yes to 1 symptom: Stay home until you feel better.</p> <p>If yes to 2 or more of these symptoms: Stay home for 24 hours.</p> <p>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.</p>
INTERNATIONAL TRAVEL	WHAT TO DO
<p>Have you returned from travel outside Canada in the last 14 days?</p>	<p>If yes: 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.</p> <p>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 at: https://www2.gov.bc.ca/gov/content/covid-19/travel/self-quarantine.</p>
CLOSE CONTACT	WHAT TO DO
<p>Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?</p>	<p>If yes: 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.</p>

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. 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.