Daily Health Check

A health check means a person regularly checking to ensure they (or their child) are not experiencing symptoms of illness (including but not limited to COVID-19 symptoms) that would limit their ability to participate fully in regular activities before coming to school to prevent spread of communicable diseases, such as COVID-19, within school settings.

Common symptoms of communicable disease include:

- fever or chills
- stuffy or runny nose
- sore throat
- cough
- headaches
- muscle or body aches
- fatigue

Specific symptoms of COVID-19 can be found here: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms

Do not attend school or work if you are sick.

Anyone exhibiting new symptoms of illness (including COVID-19) should stay home and follow guidance provided by the BC Centre for Disease Control.