



St. Michael's School

9387 Holmes Street, Burnaby, BC V3N 4C3
Telephone (604) 526-9768 Fax (604) 540-9799
Website: <http://www.stmichaelschool.ca>

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Dear Parents,

Please keep this copy as a guide for when completing the daily health check for your children. You can utilize the provincial [K-12 Health Check app](#) for daily assessment of symptoms or use the "Daily Health Check" for students below.

The following daily health check is for students and their families to determine if the student should attend school that day.

Daily Health Check

1. Key Symptoms of Illness*	Do you have any of the following key symptoms?	CIRCLE ONE	
	Fever higher than 38C	YES	NO
	Chills	YES	NO
	Cough	YES	NO
	Loss of sense of smell or taste	YES	NO
	Difficulty breathing	YES	NO
2. Other Symptoms	Sore throat, loss of appetite, extreme fatigue or tiredness, headache, body aches, nausea or vomiting, diarrhea	YES	NO
3. International Travel	Have you returned from travel outside of Canada in the last 14 days?	YES	NO
4. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

*Check the BCCDC's <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms> regularly to ensure the list is up to date.

If the student answers "YES" to one of the questions included under "Key Symptoms of Illness", the student should stay home and get a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. The students should not return to school until COVID-19 has been excluded and symptoms have **RESOLVED**. Contact a health-care provider or 8-1-1 about your symptoms and next steps. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner.

If the student answers "YES" to one of the symptoms included under "Other Symptoms", the student should stay home until he/she feels better. If there are any concerns or questions 8-1-1 may be contacted at any time.

If the student answers "YES" to question 3, self-quarantine for 14 days is mandatory for all international travelers returning to BC.

If the student answers "YES" to question 4, they must follow the instructions provided by public health and the <https://bc.thrive.health/covid19/en> to determine if they should see testing for COVID-19.

When a **COVID-19 test** is recommended by the health assessment:

- If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.

- If the COVID-19 test is **negative**, you can return to school once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 **test is recommended but is not done** because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school until 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

If a COVID-19 test is not recommended by the health assessment, you can return to school when symptoms improve and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).