



7481 10th Ave.

Burnaby, B.C. V3N 2S1

Phone: 604.526.7121 Fax: 604.520.3194

Daily Health Check

Please review the following checklist with your child before sending them to school each day.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> ● Fever (above 38 degrees Celsius) ● Chills ● Loss of sense of smell or taste ● New cough ● Difficulty breathing/shortness of breath 	<p>If your child has 1 or more of these symptoms:</p> <ul style="list-style-type: none"> ● Get your child tested for COVID-19 ● Your child should stay home until a negative COVID-19 result has been obtained.
<ul style="list-style-type: none"> ● Sore throat ● Loss of appetite ● Headache ● Body aches ● Extreme fatigue or tiredness ● Nausea/vomiting ● Diarrhea 	<p>If your child has 1 symptom:</p> <ul style="list-style-type: none"> ● They should stay home for 48 hours from when the symptom started. ● If/when the symptom improves, they may return to school when feeling well enough. ● If the symptom persists or worsens, seek a health assessment by calling 8-1-1 or by visiting a primary care physician/nurse practitioner. <p>If your child has 2 or more of these symptoms:</p> <ul style="list-style-type: none"> ● They should stay at home and wait 48 hours to see if they feel better. ● Get your child tested for COVID-19 if symptoms persist after 48 hours. ● Should they require testing, your child should stay home until a negative COVID-19 result has been obtained.

Additional Exposure Risk Requiring COVID-19 Testing:

- My child has been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days.
- My child has travelled outside their home community in the past 14 days.

If any family member residing in your household tests positive for COVID-19, please notify the school. Your child should not return to school until a negative COVID test for the infected individual(s) has been completed and their symptoms have improved.

Please be aware that children generally have milder symptoms of COVID-19 than adults. Children may also present symptoms of COVID-19 differently than adults. For example, symptoms in children may be a change in activity level, appetite, or behaviour. **For children, it's important to think about what is usual or unusual about their specific symptoms.**