

# Daily Health Check for Parents



Parents and caregivers must perform a daily health check and follow the directions as to when students must stay home:

SYMPTOMS	WHAT TO
<ul style="list-style-type: none"><li>➤ Fever (above 38C)</li><li>➤ Chills</li><li>➤ Cough</li><li>➤ Loss of sense of smell or taste</li><li>➤ Difficulty breathing</li></ul>	<p><b>1 or more of these symptoms:</b> Get tested and stay home.</p>
<ul style="list-style-type: none"><li>➤ Sore throat</li><li>➤ Loss of appetite</li><li>➤ Headache</li><li>➤ Body aches</li><li>➤ Extreme fatigue or tiredness</li><li>➤ Nausea or vomiting</li><li>➤ Diarrhea</li></ul>	<p><b>If you have 1 symptom:</b> Stay home until you feel better.</p> <p><b>If you have 2 or more symptoms:</b> Stay home &amp; wait 24 hours to see if you feel better. Get tested if not better after 24 hours</p>

**If you are a *close contact*\* of someone who has COVID-19 and have any of the symptoms listed above:  
Get tested and stay home.**

*\*For more information and instructions on close contacts, go to: [www.bccdc.ca/covid19closecontacts](http://www.bccdc.ca/covid19closecontacts)*

## Self-Monitoring for Close Contacts

- Monitor for symptoms of COVID-19 listed above for 14 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you develop symptoms of COVID-19 listed above, please use the **Self-assessment Tool** to see if you should get tested for COVID-19.

## Self-Isolation for Close Contacts

- If you are **fully vaccinated or had COVID-19 in the last 90 days**, including children with two doses, you are not required to self-isolate but should self-monitor closely. If an individual develops symptoms they should isolate immediately and isolate for five days. Please note, symptoms override close contact status in terms of self-management.
- If you are **not fully vaccinated and did not have COVID-19 in the last 90 days**, you are required to self-isolate for 10 days from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. If an individual goes on to develop symptoms and tests positive, their isolation is ten days from their onset of symptoms. Continue to isolate if you still have a fever or no improvement of symptoms.

## Stay Home When Required to Self-Isolate

When you self-isolate, you stay home and keep away from others to help stop the spread of COVID-19. You should self-isolate if:

- You have symptoms of COVID-19.
- You are a close contact of someone with COVID-19 and you are not fully vaccinated.
- You have been asked to self-isolate by public health or because of recent travel.

For more information on self-isolation and self-monitoring, please visit the [BCCDC webpage on self-isolation](http://www.bccdc.ca/covid19selfisolation).