

### Daily Health Assessment for Students

Parents and caregivers must assess their child daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before sending them to school. If a student develops symptoms, parents or caregivers must keep their child at home until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, and their symptoms have resolved.

Please check your child daily for the following symptoms:

- Coughing
- Fever (> 37.5 °C) or signs of fever\*
- Chills
- Sore throat and painful swallowing
- Shortness of breath/difficulty breathing
- Headache
- Chills
- Feeling unwell/fatigue
- Muscle aches and pains
- Stuffy or runny nose
- Loss of sense of smell
- Diarrhea
- Nausea/vomiting
- Loss of appetite

If ANY of these signs and symptoms are present, your child is NOT permitted to attend school. Contact 811 for more information and have your child assessed by a health care provider.

Please note, if there is a confirmed case of COVID 19 within the home, students must remain at home and consult their health care provider.

\*Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#).