**Self-Assessment**

This form is provided to ensure staff and parents/guardians are aware of symptoms of COVID-19 and also aware of the requirement to self-assess themselves or their children before they attend school. In order to adhere to the Public Health Officer, Ministry of Education, BC Centre for Disease Control and WorkSafe BC, the following guidelines must be adhered:

* **Staff or Students should stay at home** when new symptoms of illness develop. The key symptoms to watch for are fever, chills, cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting and diarrhea.
* If the staff or students (or their parent) indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.
* For mild symptoms without fever, staff or students can monitor at home for 24 hours. If symptoms improve, they can return to school without further assessment.
* If symptoms include fever, or if after 24 hours, symptoms remain unchanged or worsen, seek a health assessment. A health assessment can include calling 8-1-1, a primary care provider like a physician or nurse practitioner, or going to a COVID-19 testing centre.

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

* If the COVID-19 test is **positive,** the person should stay home until they are told by public health to end their 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**, the person can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness. [BCCDC](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results) has information on receiving negative test results.
* If a COVID-19 **test is recommended but is not done** because the person or parent chooses not to have the test or a health assessment is not sought when recommended, and the person’s symptoms are not related to a previously diagnosed health condition, they should stay home from school until 10 days after the onset of symptoms, and then may return if feeling well enough.

If a **COVID-19 test is not recommended** by the health assessment, the person can return to school when symptoms have improved and they 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).

**Self-Assessment**

The following is an example of a daily health check for students or employees to determine if you should attend school that day.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Daily Health Check** |  |  |
| 1. | Key Symptoms of Illness | Do you have any of the following new key symptoms? | Circle One | |
|  |  | Fever | Yes | No |
|  |  | Chills | Yes | No |
|  |  | Cough or worsening of chronic cough | Yes | No |
|  |  | Loss of sense of smell or taste | Yes | No |
|  |  | Diarrhea | Yes | No |
|  |  | Loss of appetite | Yes | No |
|  |  | Nausea and vomiting | Yes | No |
| 2. | International Travel | Have you returned from travel outside Canada in the last 14 days? | Yes | No |
| 3. | Confirmed Contact | Are you a confirmed contact of a person confirmed to have COVID-19? | Yes | No |

**If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever)**, you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a health assessment.

**If you answered “YES” to two or more of the questions included under ‘Symptoms of Illness’ or you have a fever**, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.

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).

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID-19.

**A health-care provider note (i.e. a doctor’s note) should not be required to confirm the health status of any individual.**