



## School District No.59 (Peace River South)

### Daily Health Check for Staff:

Based on current evidence, some symptoms are more likely to be related to COVID-19 than other.  
If you have any of the symptoms listed below, follow the instructions.

Symptoms	What to Do
Fever higher than 38°C Chills Cough Difficulty breathing Loss of sense of smell or taste	<b>1 or more of these symptoms:</b> Get tested and stay home.
Sore throat Loss of appetite Diarrhea Nausea and vomiting Extreme fatigue Headache Body aches	If you have <b>1 of these symptoms:</b> Stay home until you feel better  <b>2 or more these symptoms:</b> Stay home and wait for 24 hours to see if you feel better. Get tested if not better after 24 hours
If you answer "YES" to either of the following questions, <b>you must stay home and self-isolate.</b>	
Have you or anyone in your household returned from travel outside Canada in the last 14 days?	
Are you a confirmed contact of a person confirmed to have COVID-19?	

When a **COVID-19 test** is recommended by health assessment, stay home until test results are received:

- If the COVID-19 test is **positive**, follow health authority direction on when to return to work.
- If the COVID-19 test is **negative**, you can return to work once symptoms have improved and you feel well enough to participate in all work/school-related activities. 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 not recommended by the health assessment, you can return when symptoms improve, and you feel well enough to participate in all school-related activities. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).