



# School District No.59 (Peace River South)

## Daily Health Check

Updated January 20<sup>th</sup>, 2022

Individuals must perform a daily health check and follow directions to stay home:

Symptoms	What To Do
<ul style="list-style-type: none"><li>Fever/Chills</li><li>Cough</li><li>Loss of sense of smell or taste</li><li>Difficulty breathing</li><li>Sore throat</li><li>Loss of appetite</li><li>Runny Nose</li><li>Sneezing</li><li>Extreme fatigue or tiredness</li><li>Headache</li><li>Body aches</li><li>Nausea or vomiting</li><li>Diarrhea</li></ul>	<p><b>1 or more of these symptoms: STAY HOME</b> until you feel better.</p>
<ul style="list-style-type: none"><li>Find it hard to breathe</li><li>Have chest pain</li><li>Can't drink anything</li><li>Feel very sick</li><li>Feel confused</li></ul>	<p><b>Go to an urgent care clinic or emergency department.</b></p>
<p>If you are not showing any symptoms of COVID-19, you do not need to be tested, unless you are asked to by Public Health. Not sure if you should be tested? Complete the <a href="#">BC COVID-19 Self-Assessment Tool</a></p>	

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

### Self Monitoring for Close Contacts

- Always monitor for symptoms of COVID-19 listed above. If you develop symptoms of COVID-19 listed above, please use the [BC COVID-19 Self-Assessment Tool](#) to see if you should get tested for COVID-19.

### Self-Isolation for Close Contacts

- At this time, close contacts do not need to self-isolate.**
- If you have no symptoms of COVID-19, you do not need a test.
- At this stage in the pandemic, close contacts are not required to self-isolate or take any special measures. Therefore, contact tracing is of limited value except for high-priority settings.

### 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 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](#).