

DAILY HEALTH CHECK

| KEY SYMPTOMS OF ILLNESS | WHAT TO DO |
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| Fever (above 38°C) | <p>If yes to 1 or more of these symptoms: Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p> |
| Chills | |
| Cough | |
| Difficulty breathing | |
| Loss of sense of smell or taste | |
| OTHER SYMPTOMS | WHAT TO DO |
| Sore throat | <p>If yes to 1 symptom: Stay home until you feel better.</p> |
| Loss of appetite | |
| Headache | <p>If yes to 2 or more of these symptoms: Stay home for 24 hours.</p> <p>If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.</p> |
| Body aches | |
| Extreme fatigue or tiredness | |
| Nausea and vomiting | |
| Diarrhea | |
| INTERNATIONAL TRAVEL: | WHAT TO DO |
| Have you returned from travel outside Canada in the last 14 days? | <p>If yes: All students and staff who have travelled outside of Canada are required to self-quarantine for 14 days after arrival under both provincial and federal orders.</p> <p>This includes students who are attending school from abroad. Students from outside of Canada should plan to arrive in Canada at least two weeks before they are scheduled to attend school to adhere to the self-quarantine orders. Additional information is available here.</p> |
| CLOSE CONTACT | WHAT TO DO |
| Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19? | <p>If yes: Please follow the instructions provided by Public Health.</p> <p>You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p> |