



SCHOOL DISTRICT NO. 73
(Kamloops-Thompson)

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Daily Health Check - Student

Staying home when you are not feeling well is a critical step in communicable disease prevention.

Parents/Caregivers are expected to assess their children daily for illness before sending them to school.

Options for daily health check – (1) review the following or use the (2) K-12 Health Check App

Do you have any of the following symptoms?

- Fever or chills
- Cough
- Sore throat
- Difficulty breathing
- Diarrhea
- Nausea and/or vomiting
- Extreme fatigue or tiredness
- Body aches
- Loss of appetite
- Headache
- Loss of sense of smell or taste

Students must stay home and are not to enter the school if they are ill and or answer yes to the above symptoms or any one of the following:

- In the last 14 days, have you returned from travel outside Canada, including the United States, and **been directed to quarantine?**
- Have you been identified by Public Health as a close contact of someone with COVID-19?
- Have you been told to self-isolate by Public Health or a Health Care Professional?

Students, who experience symptoms consistent with previously diagnosed health conditions can continue to attend school when they are experiencing these symptoms as normal. If they experience any new or unexplained symptoms, they should seek assessment by a health care provider.

****Keep this copy as a reference****