

# Daily Health Check for Parents

Updated January 10, 2022

Parents and caregivers must perform a daily health check and follow the directions as to when students must stay home:

SYMPTOMS		WHAT TO DO
<ul style="list-style-type: none"> <li>• Fever (above 38°C)</li> <li>• Chills</li> <li>• Cough</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of sense of smell or taste</li> <li>• Difficulty breathing</li> </ul>	<p><b>1 or more of these symptoms:</b> Get tested and stay home.</p>
<ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Loss of appetite</li> <li>• Headache</li> <li>• Body aches</li> </ul>	<ul style="list-style-type: none"> <li>• Extreme fatigue or tiredness</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	<p>If you have <b>1 symptom:</b> Stay home until you feel better.</p> <p><b>2 or more of these symptoms:</b> Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p>
<p>If you are a <b>close contact*</b> of someone who has COVID-19 and have any of the symptoms listed above: <b>Get tested and stay home.</b></p>		

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

## 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 are a close contact of someone with COVID-19 and you are not fully vaccinated.
- 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](#).