

# Mandatory Daily Health Declaration Process for Staff and Students



## Ask yourself the following:

1. Key Symptoms of Illness:	<i>Do you have any of the following <u>NEW Key Symptoms of Illness</u>?</i> <ul style="list-style-type: none"><li>• Fever</li><li>• Chills</li><li>• Cough or worsening of chronic cough</li><li>• Shortness of breath</li><li>• Diarrhea</li><li>• Nausea and vomiting</li><li>• Loss of sense of smell or taste</li></ul>
2. International Travel:	<i>Have you returned from travel outside of Canada in the last 14 days?</i>
3. Confirmed Contact:	<i>Are you a confirmed contact of a person confirmed to have COVID-19?</i>

Answering YES to any of the questions will prevent the staff/student from entering the school or worksite effective immediately.

## What if you answered YES?

### Question 1:

- If you answered “YES” to one of the **symptoms** included under NEW Key Symptoms of Illness (excluding **fever**), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to school when you feel well enough. If the symptom persists or worsens, seek a **health assessment**.
- If you answered “YES” to two or more of the **symptoms** included under NEW Key Symptoms of Illness or you **have a fever**, seek a **health assessment**.
- A **health assessment** includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved.
- If your symptoms are consistent with a previously diagnosed health condition and are not unusual for you (i.e. the symptoms are not **NEW** for you), you may return to school/work or continue to be at school/work. No assessment or note is required from a health care provider.

**Question 2:** If you answered YES to question 2, you will need to stay home to self-isolate based on the *Quarantine Act*.

**Question 3:** If you answered YES to question 3, you will need to stay home to self-isolate based on the advice of the Public Health Authority.