

WHAT TO DO IF YOU ARE SICK

1. It is important for everyone in our school community that you STAY HOME if you are sick. This way your illness, whatever it may be, does not spread to others.

If you have COVID-like symptoms:

- Seek assessment: Call 8-1-1 or the COVID-19 Call center (1-844-901-8442)
- If you are unsure whether you should isolate, use the BC COVID 19 Self Assessment Tool



The following is an example of a daily health check to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness*	Do you have any of the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered "YES" to one of the questions included under '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 questions included under '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.

2. If you seek a COVID-19 test and your test is negative, you do not have COVID-19 but you must stay home until your symptoms pass.

***** Important: If your COVID-19 test is positive, you must self isolate and follow the direction of the Public Health Authority. You do not need to contact the school as the Public Health Authority will do so, but you **must** contact the International Office ASAP at 250-951-0857

3. What is someone in my family is sick?

If a family member has a cold, the flu, or COVID-19 like symptoms, you can still attend school as long as you do not present any symptoms

4. What if I have seasonal allergies?

If you have symptoms related to an already- existing condition such as allergies, that is YOUR BASELINE. This is normal for you. You can continue to attend school unless your normal symptoms change. In that case you need to seek an assessment.

5. What if I become sick at school?

Put on a mask immediately to protect others. Report your symptoms to a Teacher, and EA, or an administrator. You should prepare your belongings to go home to your homestay family. You will be escorted to a separate space while you wait for a family member to pick you up.



Once home, call 8-1-1 of the COVID call center.

6. Have your host family notify Sandie, your homestay coordinator at 250-927-3351