



## Daily Health Check

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38° C) Chills Cough Difficulty breathing Loss of smell or taste	If yes to 1 or more of these symptoms: Stay home and get a health assessment.  Contact a health care provider or 8-1-1 about your symptoms and next steps.
OTHER SYMPTOMS	WHAT TO DO
Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea and vomiting Diarrhea	If yes to 1 symptom: Stay home until you feel better.  If yes to 2 or more of these symptoms: Stay home for 24 hours.  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.
INTERNATIONAL TRAVEL	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> All students and staff who have travelled outside of Canada are required to follow current provincial and federal orders.
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?	<b>If yes:</b> Please follow the instructions provided by Public Health.  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.