

Stay home when sick

If you are sick or have symptoms of illness, you should **stay home** even if you are fully vaccinated.

Use the [BCCDC testing guidance](#) (DAILY HEALTH CHECK)

to **find out whether a test is recommended** based on your/your child's symptoms.

 DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

- If a test was not recommended, the person can return when their symptoms improve and they feel well enough to participate in all activities.
- If a test is recommended, the person must stay home until they receive their test result. If the test is **negative**, they can return when symptoms improve and they feel well enough. If the test is **positive**, they must follow direction from public health on when they can return.

Staff, children and parents/caregivers can also use the [B.C. Self-Assessment Tool](#), call 8-1-1 or consult their health-care provider for guidance.