



February 10, 2021

The Daily Health Self-Assessment has been updated. The changes include an updated list of symptoms that you will need to screen for prior to attending your school or worksite. A process that provides guidance if you note any of the listed symptoms when performing your check is included.

The BC CDC and Ministry of Health report that current evidence shows some symptoms are more likely to be related to COVID-19 than others. These symptoms are considered ‘Key Symptoms of Illness’ and you will need to take different precautionary action if you note one of them rather than a General Symptom of Illness.

<p><b><u>Key Symptoms of Illness</u></b> are:</p> <ul style="list-style-type: none"> <li>• Fever, above 38° in absence of fever reducing medications.</li> <li>• Chills</li> <li>• Cough</li> <li>• Loss of sense of smell or taste</li> <li>• Difficulty breathing</li> </ul> <p>If you note <b>ANY</b> of these symptoms, you are to stay home and contact 8-1-1 to arrange for a COVID-19 test.</p>	<p><b>General Symptoms of Illness</b> are:</p> <ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Loss of appetite</li> <li>• Headache</li> <li>• Body aches</li> <li>• Extreme fatigue or tiredness</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul> <p>If you note <b>ONE</b> of these symptoms, you are to stay home and return when you are well. If you note <b>TWO or more</b> of these symptoms, you are to stay home and contact 8-1-1 for further guidance.</p>
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An app has been created to guide K-12 families in BC when doing their Daily Health Self-Assessment: <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

Cowichan Valley School District staff and contractors are required to confirm completion of their Daily Health Self-Assessment either upon sign-in; or electronically at: [https://forms.office.com/Pages/ResponsePage.aspx?id=02sGLFxiPkyK6RzKdelbS5CuAL6\\_b8tAqUap9QgYylxUREZPM01MVTBST085UjNDWkVVTzNUODNLQy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=02sGLFxiPkyK6RzKdelbS5CuAL6_b8tAqUap9QgYylxUREZPM01MVTBST085UjNDWkVVTzNUODNLQy4u)

The website has been updated to reflect this information: <https://sd79.bc.ca/covid-19-updates-health-and-safety/>



Thank you,  
Cowichan Valley School District

