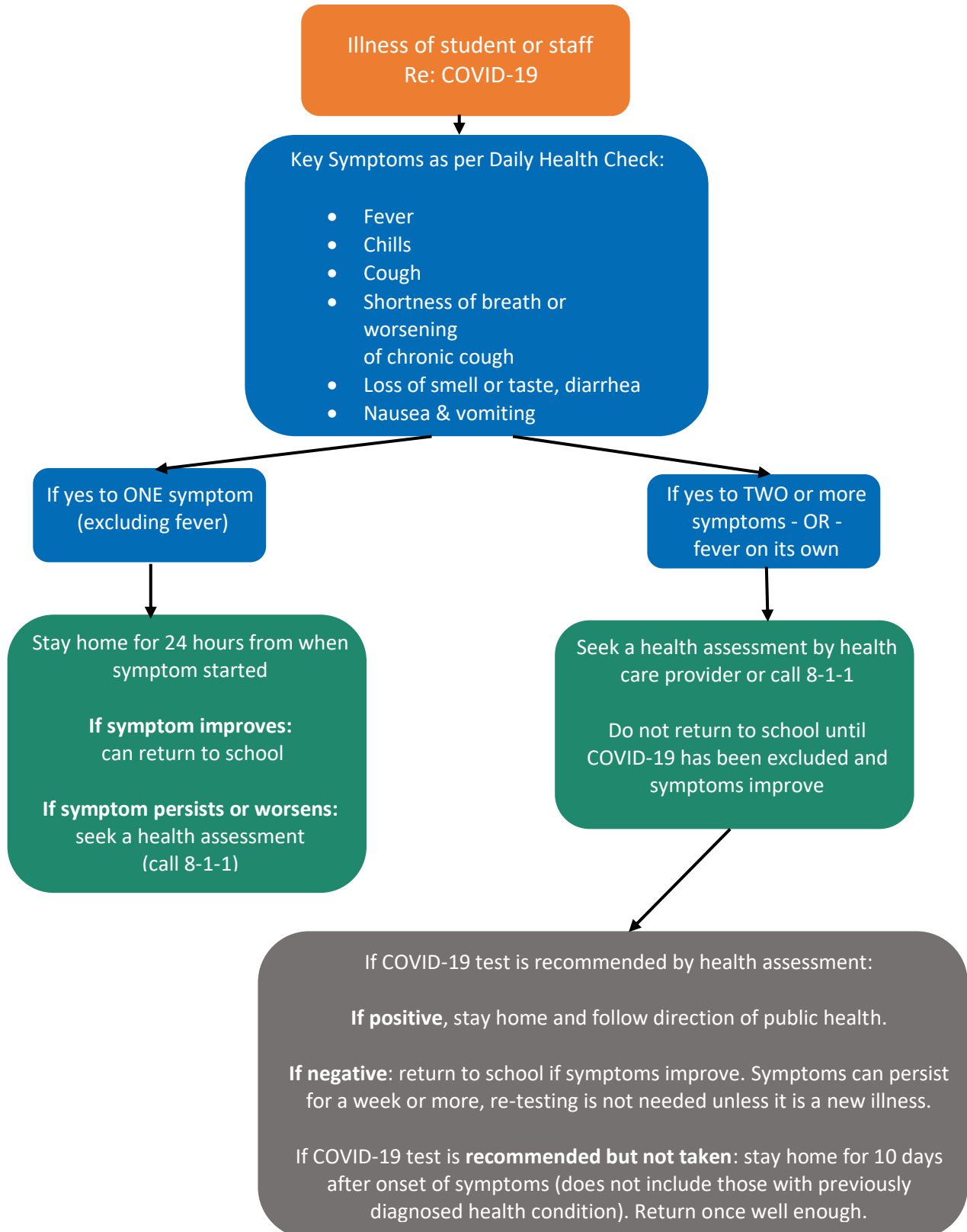


Illness Flow Chart for COVID-19



*Please note, this flow chart is regarding daily health assessment for COVID-19. If staff or students are feeling unwell and it is not related to COVID-19, we still ask they remain home as previous practice before COVID-19.

This chart and FAQ are designed to help support parents/guardians when conducting the daily health check on their child. This is basic information only and is not intended to take the place of medical advice, diagnosis or treatment.

When assessing for symptoms, you should focus on evaluating if they are new, worsening or different from your child's usual state.

FAQ

My child has woken up and feeling unwell, what should I do?

If you notice that your child has new or worsening symptoms, what you do depends on the symptom and how normal they are for your child.

If your child has new or worsening:

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

Your child should isolate immediately and you should contact 8-1-1, visit [BC COVID-19 Self-Assessment Tool online](#) or contact your child's health care provider for further advice. These options can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

*If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) that include:*

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea/vomiting/diarrhea
- Fatigue/lethargy/muscle aches/malaise

Your child should stay home for 24 hours to be monitored to see whether the symptoms get better or worse. If they start to feel better and symptoms are improving, they can return to school when well enough to do so and no COVID-19 testing is needed.

If the symptoms get worse, you should contact 8-1-1 or their health care provider for further advice or assessment. These options can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

If your child has **TWO or MORE** new or worsening symptoms (that are not related to a known cause or condition) that include:

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

Your child should isolate immediately and contact your health care provider, use the self-assessment tool at bc.thrive.health or call 8-1-1 to assess symptoms and determine if testing is required.

My child has a runny nose, what should I do?

If your child's only symptom is a runny nose, you should keep your child home and monitor their symptoms as per usual. When your child feels better, they can return to school. If your child's symptoms get worse, please contact 8-1-1 or your health care provider for more advice.

Do I need a note from a doctor or copy of a negative test result before my child goes back to school?

No. If your child (or their parent) indicates that the symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.

I need more information to feel confident in my assessment of my child, what do I do?

If you need additional information or have a question specific to your child and their health, please contact 8-1-1 or your health care provider.

Students or staff may still attend school if a member of their household develops new symptoms of illness, provided the student/staff has no symptoms themselves. If the household member tests positive for COVID-19, public health will advise the asymptomatic student/staff on self-isolation and when they may return to school.

Students and staff who experience symptoms consistent with a previously diagnosed health condition can continue to attend school when they are experiencing these symptoms as normal. They do not require re-assessment by a health-care provider and should not be required to provide a health-care provider note. If they experience any new or unexplained symptoms they should stay home and contact a health-care provider.

*Schools do not require a health-care provider note (i.e. a doctor's note) to confirm the health status of any individual, beyond those required to support medical accommodation as per usual practices.