

# Mandatory Daily Health Declaration Process for Staff and Students



## Ask yourself the following:

### 1. Do you have any of the following symptoms that are not from a pre-existing condition (e.g. allergies)?

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose / stuffy nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes

### 2. Have you or anyone in your household returned from travel outside Canada in the last 14 days?

### 3. Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?

Answering YES to any of the questions will prevent the staff/student from entering the school or worksite effective immediately.

## What if you answered YES?

**Question 1:** If you answered YES to question 1 and the symptoms are not related to a pre-existing condition, you need to stay home until you have been assessed by a health-care provider to exclude COVID-19 or other infectious diseases AND your symptoms have resolved.

- For assessment of any symptoms, contact 8-1-1, a physician or a nurse practitioner.

**Question 2:** If you answered YES to question 2, you will need to stay home to self-isolate based on the *Quarantine Act*.

**Question 3:** If you answered YES to question 3, you will need to stay home to self-isolate based on the advice of the Public Health Authority.