

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.