



## COVID-19

### Daily Health Check Questionnaire

(February 16, 2021)

All employees must review this important information.

Dear Staff,

All individuals are required to perform an **active daily health check** prior to attending work. The **BC Centre for Disease Control** has updated its information on when to get tested for COVID-19 and WorkSafeBC has updated its requirements with regards to the completion and tracking of active daily health checks in the workplace.

Please use the table below daily, to assess your health and fitness for work.

Symptoms of illness	What to do
<p>Are you experiencing any of following symptoms?</p> <ul style="list-style-type: none"> <li>Fever (above 38°C)</li> <li>New cough or worsening of chronic cough</li> <li>Loss of sense of smell or taste</li> <li>Difficulty breathing</li> </ul>	<p><b>1 or more of these symptoms:</b> Get tested and stay home.</p>
<ul style="list-style-type: none"> <li>Sore throat</li> <li>Loss of appetite</li> <li>Extreme fatigue or tiredness</li> <li>Headache (unusual for you)</li> <li>Body aches</li> <li>Nausea or vomiting</li> <li>Diarrhea</li> </ul>	<p>If you have <b>1 symptom:</b> Stay home until you feel better.</p> <p><b>2 or more symptoms:</b> Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p>
<ul style="list-style-type: none"> <li>If you are a confirmed <b>close contact**</b> of a person confirmed to have COVID-19 you must follow the instructions provided by Public Health.</li> <li>If you are a confirmed <b>close contact and have any of the symptoms</b> listed above: get tested and stay home.</li> <li><b>Self-quarantine</b> for 14 days is mandatory for all international travellers returning to B.C.</li> </ul> <p>** You will be notified if you are a close contact. For more information on close contacts, go to: <a href="http://www.bccdc.ca/covid19closecontacts">http://www.bccdc.ca/covid19closecontacts</a></p>	

When a COVID-19 test is recommended by Health Assessment:

- If the COVID-19 **test is positive**, you are to stay home until you are told by public health to end self- isolation. In most cases this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test.
- If the COVID-19 **test is negative**, you can return to work once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new symptom.
- If a **COVID-19 test is recommended**, stay home until test results are received.
- If a COVID-19 test is not recommended by the health assessment, you can return to work when symptoms improve, and you feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e., not COVID-19).

We have also updated this form on our website for your reference.