

St. Thomas More Collegiate

Daily Health Check - Staff

The following Daily Self-Health Check must be conducted by all staff prior to entering the school each day.

Symptoms of Illness	Do you have any of the following symptoms?	CIRCLE ONE	
		YES	NO
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Sore throat	YES	NO
	Runny nose / stuffy nose	YES	NO
	Loss of sense of smell or taste	YES	NO
	Headache	YES	NO
	Fatigue	YES	NO
	Diarrhea	YES	NO
	Loss of appetite	YES	NO
	Nausea and vomiting	YES	NO
	Muscle aches	YES	NO
	Conjunctivitis (pink eye)	YES	NO
	Dizziness, confusion	YES	NO
	Abdominal pain	YES	NO
	Skin rashes or discoloration of fingers or toes	YES	NO
International Travel	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	YES	NO
Confirmed Contact	Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answer "YES" to any of the questions above, and the symptoms are not related to a pre-existing condition (e.g. allergies), you should NOT come to school. If you are experiencing any symptoms of illness, contact a health-care provider for further assessment. Health care resources include 8-1-1, or a primary care provider like a physician or nurse practitioner. If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should be tested for COVID-19.

Staff will be asked to acknowledge that they have conducted their Daily Health Check when they sign-in each day. The Sign-In/Sign-Out Sheet will be located in the Staff Room.