



Daily Self Health Check

If you can answer “no” to each of these questions, you may attend work/OBLT programs/child care

Effective: September 28, 2021

- In the last 14 days, have you returned from travel outside Canada, including the United States, and been directed to quarantine?
- Have you been identified as a close contact of a COVID-positive case by Public Health?
- Have you been told to self-isolate by Public Health or a Health Care Professional?
- If you (and/or your child) have been ill, have you had any symptoms in the past 24 hours?
- **For TLC only:** Are you unvaccinated? (all participants must have both vaccines by October 22, 2021).

Adult and Child Health Check

- Fever or chills (higher than 38C)
- Cough
- Sore throat
- Difficulty breathing
- Diarrhea
- Nausea and/or vomiting
- Extreme fatigue or tiredness
- Body aches
- Loss of appetite
- Headache
- Loss of sense of smell or taste
- General feeling of being unwell

Source: <https://www.workplacehealthcheck.gov.bc.ca/>

Date: 21-Sep-28