



## Daily Self Health Check

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

**Effective: May 24, 2022**

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- In the last 14 days, have you returned from travel outside Canada, including the United States, and been directed to quarantine?
- 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?

### 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: 22-May-24