

Mandatory Daily Health Declaration Process for Staff and Students

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
<ul style="list-style-type: none"> Fever (above 38°C) Chills Cough Difficulty Breathing Loss of sense of smell or taste 	<p>If yes to 1 or more of these symptoms: Stay home and get a health assessment.</p> <p>Contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
OTHER SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none"> Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea and vomiting Diarrhea 	<p>If yes to 1 symptom: Stay home until you feel better.</p> <p>If yes to 2 or more of these symptoms: Stay home for 24 hours.</p> <p>If symptoms don't get better or get worse, get a health assessment; contact a health care provider or 8-1-1 about your symptoms and next steps.</p>
INTERNATIONAL TRAVEL	WHAT TO DO
<p>Have you returned from travel outside Canada in the last 14 days?</p>	<p>If yes: The federal mandatory 14-day quarantine period remains in effect for unvaccinated individuals aged 12 years and older. <u>Anyone aged 12 years and older, who is not vaccinated, is required to self-quarantine for 14 days after arrival.</u></p> <p>The following individuals are EXEMPT from the 14-day quarantine period:</p> <ol style="list-style-type: none"> 1. Fully vaccinated individuals (staff and students) qualify for exemption from the mandatory 14-day quarantine period and Day 8 testing requirement (though must still complete the pre-entry testing requirement and randomized arrival testing if required) 2. Unvaccinated students under 12 who were accompanied by travellers who qualify for the fully vaccinated traveller exemption need to comply with instructions from Canadian Border Services. <p>Individuals who have travelled outside of Canada in the last 14 days should refer to the following Government of Canada website for the most current information: https://travel.gc.ca/travel-covid</p>
CLOSE CONTACT	WHAT TO DO
<p>Have you been contacted by public health and notified that you are a close contact of a person confirmed to have COVID-19?</p>	<p>If yes: Please follow the instructions provided by Public Health. You can call 8-1-1 anytime to get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p>