



école élémentaire • elementary school
School District No. 83 (North Okanagan-Shuswap)

Daily Morning Health Check

Before sending your child to school, please be sure to assess the following:

Does my child have a fever of greater than 37 degrees Celsius/98.6 degrees Fahrenheit?

Does my child have the chills?

Is my child experiencing any of the following?

- Shortness of breath
- Difficulty in breathing
- Chest pains
- Feelings of confusion
- Loss of consciousness

Does my child have a sore throat or pain when swallowing?

Does my child have a persistent cough?

Does my child have an unusually stuffy or runny nose?

Has my child experienced a loss of their sense of smell?

Is my child experiencing an unusual headache?

Is my child experiencing muscle aches?

Is my child more fatigued than normal?

Is my child experiencing a loss of appetite?

Have you or your child traveled anywhere outside of Canada (including the USA) in the past 14 days?

Have you or your child been in close contact with anyone confirmed to have COVID-19?

If the answer is “yes” to any of the above questions, please be sure to keep your child at home until the answer is “no” to all the above questions.

Thank you for your continued support, as we work to maintain a healthy school community.

Joel Menzies
Principal