



# KWALIKUM SECONDARY SCHOOL

*Working together to realize our full potential*

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## INFORMATION FOR PARENTS & STUDENTS: COVID-19 Guidance for students who are home with illness/symptoms

Vancouver Island Health Authority has recently released the following Daily Health Check:

<https://www.sd69.bc.ca/Documents/New%20Daily%20Health%20Check%20List.pdf>

As a KSS family, it is imperative that you monitor your health everyday and complete the Daily Health Check. You will notice that the **key symptoms** have been modified to reflect current worldwide research. Please follow the guidelines from Island Health thoroughly.

To ensure the health and safety of our school community, it is critical that any student with symptoms of COVID-19 follow these procedures. If you are sick you **MUST** stay home and follow the instructions outlined in Appendix C: Daily Health Check Example which include:

- Checking for how many symptoms that you have. There are specific instructions depending on how many symptoms that you have.
- If you need to seek assessment you will call either 811 or the COVID-19 Call Center 1-844-901-8442.
- If you are unsure whether to isolate, you can use the BCCDC COVID-19 Self Assessment Tool found at the following website: <https://bc.thrive.health/covid19/en>

If Public Health directs you to take a COVID-19 test it is very important that you follow all of their directions. It is also important to note that if you have a **negative** test, you need to stay home until your symptoms pass.

Public Health and the BC Centre for Disease Control have several helpful links to ensure that you, your family, your school, and the community stay safe:

- Information on how to isolate for those who have COVID-19 symptoms: <http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- If you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- Self-Isolation after a COVID-19 Test: <http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/COVID19-self-isolation-post-testing.pdf>
- Public Health Guidance for K-12 School Settings: [http://www.bccdc.ca/Health-Info-Site/Documents/COVID\\_public\\_guidance/Guidance-k-12-schools.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf) (Note the addition of Appendix B on page 22: Public Health Actions if a Staff, Student or Other Person Who Has Been in the School is a Confirmed COVID-19 Case.)

**Students and families are encouraged to reach out to teachers and check online platforms to keep current with the class content. When students are feeling better, they can view lessons and complete assignments. Communication with teachers is a key component for course completion.**

As a team, we are all working together to navigate these new learning conditions. We would like to extend our deepest **gratitude** to the families of KSS for their continued support and patience; we will get through this together.