

Daily Health Check Guidelines

Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus.

Symptoms of COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever (see below*)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

For RWES students, **please let us know everyday that you have done your health checks**

Options:

-phone 250-283-2220

-email rwesadmin@viw.sd84.bc.ca or direct to the teacher

-Write a short note (eg. “Health check complete” or “All good!, and sign)

-message “Principal Wilson” on Messenger

Thanks for helping us keep everyone safe,

Rob Wilson, Principal