

# Mandatory Daily Health Declaration Process for Staff and Students

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
<ul style="list-style-type: none"> <li>• Fever (above 38°C)</li> <li>• Chills</li> <li>• Cough</li> <li>• Difficulty Breathing</li> <li>• Loss of sense of smell or taste</li> </ul>	<p><b>If yes to 1 or more of these symptoms:</b> 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"> <li>• Sore throat</li> <li>• Loss of appetite</li> <li>• Headache</li> <li>• Body aches</li> <li>• Extreme fatigue or tiredness</li> <li>• Nausea and vomiting</li> <li>• Diarrhea</li> </ul>	<p><b>If yes to 1 symptom:</b> Stay home until you feel better.</p> <p><b>If yes to 2 or more of these symptoms:</b> 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><b>If yes:</b> 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"> <li>1. Fully vaccinated employees, and students aged 12 years and older, 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)</li> <li>2. Unvaccinated students under 12 who were accompanied by travellers who qualify for the fully vaccinated traveller exemption qualify for exemption from the mandatory 14-day quarantine period (but still must complete the pre-entry, randomized arrival and Day 8 tests).</li> </ol> <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: <a href="https://travel.gc.ca/travel-covid">https://travel.gc.ca/travel-covid</a></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><b>If yes:</b> 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>

# 员工和学生必须完成的 日常健康申明义务程序

主要病征	应怎样做
<ul style="list-style-type: none"> <li>• 发烧 (38°C 以上)</li> <li>• 发冷</li> <li>• 咳嗽</li> <li>• 呼吸困难</li> <li>• 失去嗅觉或味觉</li> </ul>	<p>如果您有1个或以上病征： 留在家中并作健康评估。</p> <p>联络医护人员或致电 8-1-1 以了解您的病征和下一步应怎样做。</p>
其他病征	应怎样做
<ul style="list-style-type: none"> <li>• 喉咙痛</li> <li>• 食欲不振</li> <li>• 头疼</li> <li>• 身体疼痛</li> <li>• 极度疲倦乏力</li> <li>• 恶心和呕吐</li> <li>• 腹泻</li> </ul>	<p>如果您有1个病征： 留在家中直至情况好转。</p> <p>如果您有2个或以上病征： 留在家中24小时。</p> <p>如果病征既不转好又不转差，您便要作健康评估。联络医护人员或致电 8-1-1 以了解您的病征和之后应怎样做。</p>
国际旅游	应怎样做
<p>您是否在这 14 天内从加国境外回来？</p>	<p>如果是：</p> <p>联邦政府14天强制隔离期的规定对于12岁及以上未接种疫苗者仍然有效。<u>所有12岁及以上未接种疫苗的人士在入境后都必须进行14天自我隔离。</u></p> <p>下列人员可豁免14天隔离期：</p> <ol style="list-style-type: none"> <li>1. 已完全接种疫苗的员工和12岁及以上的学生，有资格豁免强制14天隔离期和第8天检测要求 (仍须完成入境前的检测要求，以及抵达时所需的随机检测)。</li> <li>2. 12岁以下未接种疫苗的学生，由符合豁免条件的完全接种疫苗的旅行者陪同，学生则有资格豁免强制14天隔离期 (但仍须完成入境前检测、抵达时的随机检测和第8天检测)。</li> </ol> <p>在过去14天内曾在加国境外旅行的个人，请参考以下加拿大政府网站以获取最新信息: <a href="https://travel.gc.ca/travel-covid">https://travel.gc.ca/travel-covid</a></p>

紧密接触	应怎样做
<p>公共卫生局人员曾否联络您，并表示您曾紧密接触经确诊有新冠病毒的患者？</p>	<p>如果有：            请遵守卫生局指示。            您可以随时致电 8-1-1，就您的身体状况和之后应怎样做查询意见。留意自己的身体反应。如果您感到呼吸愈加困难，无法饮水或情况恶化，便要往急诊部门求医。</p>

使用 [卑诗省自我评估网站](#) 评估您的病征。\_如果您有任何疑问或病征恶化，便要联络医生或致电 8-1-1。要了解新冠病毒详情，请浏览 [www.bccdc.ca](http://www.bccdc.ca)。如果您出现严重病征，例如呼吸困难(难以呼吸或只能说单词)或胸口疼痛，便要致电 9-1-1 或前往最就近的紧症部门。