COVID 19 Symptom Breakdown : Dated: 7 October 2020

Please follow the attached document published by the BC Ministry of Health K-12 Guidance to assess players symptoms; in it you will find Appendix C (below) which highlights the symptoms of concern now. They have advised on a 24-hour rule: If symptoms persist or get worse after 24 hours, consult 8-1-1 for direction. Also stay away from school, daycares, camps, extra-curricular activities (hockey) while sick much as you would do with having a cold.

**If ever unsure, direct that family to the Health Authority via 8-11, your family doctor or 9-1-1 if an emergency.**

The Centre for Disease Control has now dropped the following symptoms previously associated to COVID 19:

* *Sore throat*
* *Runny/stuffy nose*
* *Headache*
* *Fatigue*
* *Loss of appetite*
* *Muscle aches*
* *Conjunctivitis (pink eye)*
* *Dizziness, confusion*
* *Abdominal pain*
* *Skin rash or discolouration of fingers and toes*

Appendix C: Daily Health Check Example

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| The following is an example of a daily health check to determine if you should attend school/hockey that day. Daily Health Check  |
| 1. Key Symptoms of Illness\*  | Do you have any of the following new key symptoms?  | CIRCLE ONE  |
| Fever  | YES  | NO  |
| Chills  | YES  | NO  |
| Cough or worsening of chronic cough  | YES  | NO  |
| Shortness of breath  | YES  | NO  |
| Loss of sense of smell or taste  | YES  | NO  |
| Diarrhea  | YES  | NO  |
| Nausea and vomiting  | YES  | NO  |
| 2. International Travel  | Have you returned from travel outside Canada in the last 14 days?  | YES  | NO  |
| 3. Confirmed Contact  | Are you a confirmed contact of a person confirmed to have COVID-19?  | YES  | NO  |
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