

Students / Parents and Guardians

Daily Self-Assessment



Every student should review these questions before getting ready for school each day.

If the answer is “yes” to any of these questions for any student, that student is not to attend school. If the student will be absent, please notify the school.

1.	Does the student have any new onset (or worsening) of these symptoms:		
	- Fever	Yes	No
	- Cough	Yes	No
	- Shortness of Breath / Difficulty Breathing	Yes	No
	- Sore Throat	Yes	No
	- Chills	Yes	No
	- Painful Swallowing	Yes	No
	- Runny Nose / Nasal Congestion	Yes	No
	- Feeling Unwell / Fatigued	Yes	No
	- Nausea / Vomiting / Diarrhea	Yes	No
	- Unexplained loss of appetite	Yes	No
	- Loss of sense of taste or smell	Yes	No
	- Muscle / Joint aches	Yes	No
	- Headache	Yes	No
	- Conjunctivitis (Pink Eye)	Yes	No
2.	Has the student travelled outside of Canada in the last 14 days?	Yes	No
3.	Has the student had close contact* with a confirmed case of COVID-19 in the last 14 days?	Yes	No
4.	Has the student had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	Yes	No

*Close contact means face to face close contact within 2 metres. A health care worker in an occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** Symptomatic means someone with any of the COVID symptoms listed above.

You do not need to take this form to school every day. Parents / Guardians, please ensure every student in your household is asked these questions every day, before getting ready, and decide if each student is able to attend.

If the answer is “Yes” to any of these questions for any student, please **DO NOT** permit that student to enter the school at this time. Please call to let the school know. The student should stay home and use the [COVID-19 Self-Assessment Tool](#) to determine whether or not to be tested for COVID-19.

If the answers are “No” to all of these questions, the student may attend school.

These questions were provided by Alberta Education and were developed in consultation with the Chief Medical Officer of Health. Thanks for helping ensure our schools and communities stay well.

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