WHAT DO I DO IF MY SON IS SICK?

Students and staff should stay at home when new symptoms of illness develop. The key symptoms to watch for are fever, chills, cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting, and diarrhea, all found on our Daily Health Check, which we ask parents to review before sending their son's to school each morning.

- If symptoms are consistent with a previously diagnosed health condition and are not unusual for that individual, they may return to school. No assessment or note is required from a health care provider.
- For mild symptoms without fever, students and staff can monitor at home for 24 hours. If symptoms improve, they can return to school without further assessment.
- If symptoms include fever, or if after 24 hours, symptoms remain unchanged or worsen, seek a health assessment. A health assessment can include calling 8-1-1, a primary care provider like a physician or nurse practitioner, or going to a COVID-19 testing centre.

When a COVID-19 test is recommended by the health assessment:
- If the COVID-19 test is positive, the person should stay home until they are told by public health to end their self-isolation. In most cases, this is 10 days after the onset of symptoms. Public health will contact everyone with a positive test, and will also inform Vancouver College if necessary.
- If the COVID-19 test is negative, the person can return to school once symptoms have improved and they feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless the person develops a new illness.

If a COVID-19 test is not recommended by the health assessment, the person can return to school when symptoms have improved and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

If you need to keep your son at home: Please inform the school by emailing info@mail.vc.bc.ca or lyu@mail.vc.bc.ca.