

Matrix to School Attendance When Feeling Unwell



Self-screen daily

Symptoms?

YES

NO

Come to School

If you have travelled (see MB health guidelines) or been exposed to a positive COVID case, you should continue to self-isolate (quarantine) for the remainder of the 14-day period.

NEW onset or worsening of one of the following:	NEW onset of two or more of any of the following:
Fever/Chills	Runny nose
Cough	Muscle Aches
Sore throat/Hoarse voice	Fatigue
Shortness of breath or difficulty breathing	Pink eye
Loss of taste or smell	Headache
Vomiting or Diarrhea for more than 24 hours	Skin rash of an unknown cause
	Nausea or loss of appetite

Note: Normal symptoms related to chronic conditions (ex. asthma or seasonal allergies) are not considered symptomatic.

Self isolate, visit a testing site, contact Health Links/Info. Santé at 204-788-8200 or use COVID Screening Tool to confirm testing is recommended.
<https://sharedhealthmb.ca/covid19/screening-tool/>

Tested

Not Tested

Isolate at home until results are received

If you choose to not get tested despite above symptoms: self isolate for 10 days and until fever is no longer present for 24 hours and other symptoms have resolved.

POSITIVE

NEGATIVE

CONTINUE TO ISOLATE
Public Health will provide all directions. Please e-mail schooloffice@sjbcommunity with updates.

STAY AT HOME
until symptom free for 24-hours

RETURN TO SCHOOL
once symptom free

- Please monitor for updates, as this advice may change depending on public health directives.
- There may be other medical reasons to stay at home; please use your best judgement and advice from your health professional.
- Call the school office at **204-489-2115** for further advice.