



COVID-19 Social Distancing Protocol

Self-Assessment Tool

1. Are you experiencing any of the following:

- severe difficulty breathing (e.g., struggling for each breath, speaking in single words)
- severe chest pain
- having a very hard time waking up
- feeling confused
- lost consciousness
- short of breath at rest
- inability to lie down because of difficulty breathing
- chronic health conditions that you are having difficulty managing because of your current respiratory illness

Call 911 if you are experiencing any of the above

PLEASE DO NOT ENTER FACILITIES IF YOU HAVE ANY OF THE ABOVE SYMPTOMS

...TURN OVER

2. The rest of this assessment will ask you questions to determine whether or not you will require COVID-19 testing.

Do you have any of the following:

- Fever
- Cough
- Shortness of breath
- Sore throat
- Chills
- Headache
- Runny nose
- Conjunctivitis
- Nasal congestion
- Muscle or joint aches and pains
- Loss of sense of smell or taste
- Dizziness
- Nausea
- Vomiting
- Diarrhea
- Loss of appetite (or difficulty feeding for children)
- Fatigue

a) Were you exposed to someone who is under investigation for COVID-19 or has been confirmed as having COVID-19 within 14 days of our symptoms starting?

If yes, please follow Mandatory Self Isolation for 14 days and call Healthline 811 if symptomatic

b) In the past 14 days, have you returned from international travel?

If yes, please follow Mandatory Self Isolation for 14 days and call Healthline 811 if symptomatic

Self-monitoring is only recommended for anyone traveling to a different province.

**PLEASE WEAR YOUR MASK WHEN ENTERING FACILITIES AND
USE HAND SANTIZER AVAILABLE**