

SELF-ASSESSMENT CHECK LIST

Please complete each time **before** you come into work.

If you think you have 2019 Novel Coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care and/or you should come into work.

If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.

Question 1: Are you feeling unwell with any of the following symptoms:

Fever, new cough or difficulty breathing (or a combination of these symptoms)?

Yes _____ No _____

Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea? (Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).)

Yes _____ No _____

If you answered 'yes' to Question 1 only:

You should **self-isolate**. Stay at home and avoid close contact with others, including others in your home. You should remain at home in self-isolation until you no longer have symptoms for a period of 24 hours.

Question 2: Have you experienced any of the following:

Have you travelled outside of Canada in the last 14 days? Yes _____ No _____

Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?

Yes _____ No _____

Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

Yes _____ No _____

If you answered 'yes' to both questions

You should seek clinical assessment for COVID-19 over the phone. The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person. Please use one of the following options:

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- Contact your primary care provider (for example, family doctor). Let them know that you have used this self-assessment tool.
- Contact Telehealth Ontario at 1-866-797-0000 and speak with a registered nurse. Let them know that you have used this self-assessment tool.
- Contact **Region of Waterloo Public Health at 519-575-4400** for assessment.
- If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment tool.

If you answered 'yes' to Question 2 only

The Government of Canada has issued a broad, general recommendation that all travellers returning from destinations outside of Canada **self-isolate for 14 days**. For certain groups, such as health care workers, **exemptions may apply**.

Stay at home and avoid close contact with others, including others at home, and **monitor for symptoms**.

Symptoms including fever, cough or difficulty breathing may develop during these 14 days. If you develop symptoms within 14 days, you should call Region of Waterloo Public Health at 519-575-4400 for assessment.

If you have returned from Hubei province (China), Iran or Italy call Public Health at 519-575-4400 within 24 hours of arriving in Waterloo Region.

If you answered 'no' to both questions

It is unlikely that you have COVID-19. You should:

- Continue to **monitor yourself for symptoms**
- Practice **social distancing**
- Learn about how you can **help stop the spread of germs**