



Do not enter self- assess first

Prevention and Control of the COVID 19 virus is essential. Before entering any work area answer the following questions for potential symptoms of COVID-19 or risk of exposure specifically if you have:

- ◆ Fever, new cough or difficulty breathing (or a combination of these symptoms)?
- ◆ Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea? Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).
- ◆ And have experienced any of the following:
- ◆ Have you travelled internationally in the last 14 days?
- ◆ Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- ◆ Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled internationally?

If you have answered yes to any of these questions, you should not enter this work area, and you may need clinical assessment for COVID-19.

- ◆ The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person.
- ◆ Contact your primary care provider (for example, family doctor). Let them know that you have used this self-assessment tool.