



COVID-19 Self Assessment

1. Are you currently experiencing any of these symptoms? Call 911 if you are.

- Severe difficulty breathing
- Chest pain
- Feeling confused or unsure of where you are
- Losing consciousness
- Fever
- Chills
- Cough
- Making a whistling noise while breathing
- Shortness of breath
- Sore throat
- Lost sense of taste or smell
- Headache
- Extreme tiredness that is unusual
- Congested nose (not related to allergies)
- Nausea, vomiting and diarrhea

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Do you live with someone who has been tested for COVID-19 and is awaiting test results?

Close physical contact means:

- Being less than 2 meters away in the same room, workspace, or area for over 15 minutes
- Living in the same home

3. In the last 14 days, have you been in close physical contact with someone who returned from outside of Canada in the last 2 weeks?

4. Have you travelled outside of Canada in the last 14 days?

If the answer is YES to any of these questions,
DO NOT engage in face-to-face campaign activities or enter facilities open to the public.