



COVID-19 Self Assessment

Participant's Name: _____

Date: _____

1. Have you travelled outside of Canada in the last 14 days? Yes_____ No_____
2. In the last 14 days, have you been in close contact with a person who is either :
 Returned from outside Canada in the last 14 days? Yes_____ No_____

Is currently sick with a cough, fever, or difficulty breathing? Yes_____ No_____
3. In the last 14 days, have you been in contact with someone who has tested positive for COVID-19? Yes_____ No_____
4. Are you in any of the following high risk groups? Yes_____ No_____

(please check those which apply)

- ___ 70 years or older
- ___ Receiving treatment that weekend your immune system (Chemotherapy, medications, corticosteroids, TNF inhibitors_
- ___ Have a condition which compromises your immune system (lupus, rheumatoid arthritis, other autoimmune disorder)
- ___ Have any chronic health conditions (ex - emphysema, asthma, heart condition)
- ___ Ongoing visits to a hospital or health care setting for treatment (surgery, cancer treatment, dialysis)

5. Are you currently experiencing any of the following: Yes_____ No_____
 - ___ severe difficulty breathing (struggling for each breath can only speak in single words)
 - ___ Severe chest pain (tightness in chest, crushing feeling)
 - ___ Feeling confused or unsure of where you are
 - ___ Losing Consciousness

IF YES TO ANY OF THE ABOVE PLEASE CALL 911

6. Are you currently experiencing any of these symptoms? Yes_____ No_____

___ Fever (37.8 degrees or higher)	___ Chills
___ Cough that is new or worsening	___ Sore Throat
___ Barking, whistling cough (croup)	___ Difficulty swallowing
___ Lost sense of taste or smell	___ Pink eye
___ Runny Nose (not allergies)	___ Unusual or long lasting headache
___ Digestive issues (nausea, vomiting, diarrhea, stomach pain)	___ Muscle pain (not sport related)
___ Extreme, unusual tiredness (lack of energy)	___ Falling Down often
___ None of the above	

If you have answered "YES" to any of the above questions, please do not come to or enter the studio.