



2021 HHJGT COVID-19 SCREENING PROTOCOL

- 1) In the last 14 days, have you travelled outside of Canada?
- 2) Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?
- 3) In the last 14 days, have you been identified as a “close contact” of someone who currently has COVID-19?
- 4) In the last 14 days, have you received a COVID Alert exposure notification on your cell phone?
- 5) Are you currently experiencing any of these symptoms?

a. Fever and/or chills

Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

b. Cough or barking cough (croup)

Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have)

c. Shortness of breath

Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)

d. Decrease or loss of taste or smell

Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have

e. Sore throat or difficulty swallowing

Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)

f. Runny or stuffy/congested nose

Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have

g. Headache

Unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, tension-type headaches, chronic migraines, or other known causes or conditions you already have)

h. Nausea, vomiting, and/or diarrhea

Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have

i. Extreme tiredness or muscle aches

Unusual, fatigue, lack of energy, poor feeding in infants (not related to getting a COVID-19 vaccine in the last 48 hours, depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have)

None of the above

- 6) Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?

If your answer is **YES** to any of these question's please do not attend the HHJGT event, contact your family physician or your local public health.