

Appendix C

Self-Screening for COVID-19

THE AMBER STAGE

Self-Screening Questions

Everyone should self-screen before attending worship or another parish function. Clergy and lay pastoral visitors are to self-screen before carrying out pastoral visits.

If you feel at all unwell, and particularly if you have any possible symptoms of COVID-19, no matter how slight, stay home.

The Ontario self-assessment can be completed on-line. It can be found at <https://covid-19.ontario.ca/self-assessment/>

Or complete the self-assessment on the following page.



COVID-19

Please complete the following questions before leaving your house today.

Name: _____

Date: _____ Time: _____

Do you have any of the following new or worsening symptoms?



Yes ☐
No ☐

Fever/Chills



Yes ☐
No ☐

Cough



Yes ☐
No ☐

Difficulty breathing/
Shortness of breath



Yes ☐
No ☐

Sore throat/
Difficulty swallowing



Yes ☐
No ☐

Runny nose
(unrelated to
seasonal allergies)



Yes ☐
No ☐

Loss of taste
or smell



Yes ☐
No ☐

Not feeling well,
headache, unexplained
tiredness and muscle aches



Yes ☐
No ☐

Nausea, vomiting,
diarrhea,
abdominal pain



Yes ☐
No ☐

In the last 14 days, have you had close physical contact with a person who:

- was sick with a respiratory illness (had a new or worsening cough, fever or difficulty breathing)?
- has returned from travel outside of Canada in the last 14 days?
- was a confirmed or probable case of COVID-19?



Yes ☐
No ☐

In the last 14 days, have you travelled outside of Canada?



If you answered **YES** to any of these questions, **please stay home.**

If you are feeling unwell, contact your health care provider or call **Telehealth Ontario** at **1-866-797-0000** to speak to a registered nurse.

Adapted from Toronto Public Health