

# COVID-19 SELF-ASSESSMENT

If you think you have 2019 novel coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care.

**If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.**

## IF YOU ARE FEELING UNWELL WITH ANY OF THE FOLLOWING SYMPTOMS:

- Fever, cough, sneezing, sore throat, shortness of breath or difficulty breathing (or a combination of these symptoms)?

## OR HAVE EXPERIENCED ANY OF THE FOLLOWING:

- Have you travelled outside of Canada 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 outside of Canada?

## IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOU SHOULD SELF ISOLATE FOR 14 DAYS UNLESS MEDICALLY CLEARED SOONER.

Consult your provincial health authority regularly for evolving guidelines. The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person.

## IF YOU ANSWERED NO TO THESE QUESTIONS, IT IS UNLIKELY THAT YOU HAVE COVID-19. YOU SHOULD:

- Continue to monitor your health. Wash your hands frequently and practice social distancing when you need to go out in public (e.g. approx. 2 metres from others).
- If you develop any new symptoms, Contact your provincial health authority or primary care provider.

## ARE YOU EXPERIENCING ANY OF THE FOLLOWING:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

**Please call 911 or go directly to your nearest emergency department.**

**THIS INFORMATION IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. IF YOU HAVE MEDICAL QUESTIONS, CONSULT A HEALTH PRACTITIONER OR YOUR LOCAL PROVINCIAL HEALTH AUTHORITY.**

### FOR MORE INFORMATION:

Government of Canada COVID-19 information:

1-833-784-4397 / [canada.ca/coronavirus](https://canada.ca/coronavirus)

Boilermaker COVID-19 Updates: [www.boilermaker.ca/COVID19](https://www.boilermaker.ca/COVID19)

### PROVINCIAL HEALTH AUTHORITIES:

Manitoba (888-315-9257)

Ontario (866-797-0000)

All other provinces (8-1-1)



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[BOILERMAKER.CA/COVID19](https://BOILERMAKER.CA/COVID19)