



COVID-19 SELF-ASSESSMENT CHECKLIST

TO BE COMPLETED PRIOR TO ARRIVING AT ST. BARNABAS - EVERY TIME

Are you experiencing any of the following?

- Severe difficulty breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Loss of consciousness

If YES, call 911 or go directly to your nearest emergency department

Are you experiencing any of the following?

- Shortness of breath at rest
- Inability to lie down because of difficulty breathing
- Chronic health condition that you are having difficulty managing because of your current respiratory illness

If YES, call 811 to speak with a nurse.

In the past 10 days, have you experienced any of the following?

- Fever
- New onset of cough or worsening of existing cough
- New or worsening shortness of breath
- New or worsening difficulty breathing
- Sore throat
- Runny nose

If YES, call 811 to speak with a nurse.

Do you have any of the following?

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Feeling unwell, fatigue, exhaustion
- Muscle or joint ache
- Nausea, vomiting, diarrhea, loss of appetite

- Loss of sense of smell or taste
- Pink eye

If YES, call 811 to speak with a nurse.

In the past 14 days, did you return from travel outside of Canada, or did you have contact with someone who is confirmed as having COVID-19?

If YES, you must self-isolate and call 811.

IF YOU HAVE ANSWERED “YES” TO ANY OF THE QUESTIONS LISTED ABOVE, FOLLOW THE RECOMMENDED GUIDELINE, AND **DO NOT COME TO ST. BARNABAS UNTIL THESE SYMPTOMS HAVE BEEN RESOLVED.**