COVID-19: Daily Self-Assessment Tool

To prevent the spread of COVID-19, anyone accessing campus, offices or conducting field work including faculty, staff and students are required to complete a daily self-assessment. Please submit to supervisor. The answers to the questions below will assist in determining if access is permitted. The results are valid for 24 hours.

This is not meant to be used as a tool to assess your overall health nor does it replace a visit to your primary care physician. This tool is meant to assess new or worsening of long-standing symptoms and not other symptoms such those related to seasonal or environmental allergies.

COVID-19 Daily Screening Tool

**Question 1**
Have you travelled outside of Newfoundland and Labrador (excluding Nova Scotia, New Brunswick and Prince Edward Island) or Canada within the last 14 days? YES or NO

**Question 2**
Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) within the past 14 days? (If you have been cleared by public health to return to work, answer No).

**Question 3**
Do you have any of the following symptoms (new or worsening)?
- Fever (or signs of fever such as chills, sweats, muscle aches and lightheadedness)
- Cough
- Headache
- Sore throat
- Small red or purples spots on your hands and/or feet
- Painful swallowing
- Runny nose
- Unexplained loss of appetite
- Diarrhea
- Loss of sense of smell or taste

If you responded NO to all questions, proceed to campus, office or field activities as usual.

If you responded YES to any of these questions, do not proceed to campus, office or field activities. Contact your supervisor. Go home and self-isolate. Call 811 or visit gov.nl.ca/COVID-19 for more information as you may be eligible for a COVID-19 test.

Contact us
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