

# COVID-19: Daily Self -Assessment Tool



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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 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? This includes if you received a notification from the COVID Alert app that you may have been exposed to COVID-19. (If you have been cleared by public health to return to work, answer No).

YES or NO

### Question 3

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

- |   |  |
|---|--|
| <input type="checkbox"/> Fever (or signs of fever such as chills, sweats, muscle aches and lightheadedness) | <input type="checkbox"/> Painful swallowing              |
| <input type="checkbox"/> Cough  | <input type="checkbox"/> Runny nose                      |
| <input type="checkbox"/> Headache   | <input type="checkbox"/> Unexplained loss of appetite    |
| <input type="checkbox"/> Sore throat  | <input type="checkbox"/> Diarrhea                        |
| <input type="checkbox"/> Small red or purple spots on your hands and/or feet                                | <input type="checkbox"/> Loss of sense of smell or taste |

YES or NO

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](http://gov.nl.ca/COVID-19) for more information as you may be eligible for a COVID-19 test.

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

#### Contact us

Environmental Health and Safety

Office of the Chief Risk Officer

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