COVID-19: Visitor Daily Self-Assessment Tool

To prevent the spread of COVID-19, anyone visiting campus is required to complete a daily self-assessment. The answers to the questions below will assist in determining if access to campus is permitted. The results are valid for 24 hours or unless you develop symptoms and/or are identified as a close contact.

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 the province in the last 5 days or Canada within the last 14 days and are required to self-isolate?

Question 2
Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) within the past 7 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 as usual.

If you responded YES to any of these questions, do not proceed to campus. Go home and self-isolate. Visit gov.nl.ca/COVID-19 for more information as you may be eligible for a COVID-19 test.

Contact us
Environmental Health and Safety
Office of the Chief Risk Officer
E: health.safety@mun.ca