

LET'S STOP THE SPREAD


COVID-19 SIGNS AND SYMPTOMS SELF-ASSESSMENT CHART

Everyday before starting a shift and ending a shift all workers must self-assess for COVID-19 by asking these questions:

Are you experiencing any of the following:

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

YES →


- > Call 911, or
 - > Go to nearest emergency department
 - > Tell your employer
- 

↓ **NO**

Are you experiencing any of the following:

- > Mild/moderate shortness of breath and coughing
- > Cannot manage other health conditions because of difficulty breathing
- > Cannot lie down because of difficulty breathing

YES →

- > Consult a Family Doctor, OR
 - > Consult a Nurse Practitioner, OR
 - > Seek care at treatment centre
 - > Tell your employer
- 

↓ **NO**

Are you experiencing cold, flu or COVID-19 like symptoms, even mild ones? Symptoms include:

- > Cough
- > Sore Throat
- > Nausea and vomiting
- > Fever
- > Headache
- > Diarrhea
- > Muscle Aches
- > Loss of appetite
- > Loss of sense of smell/taste
- > Fatigue
- > Chills
- > Runny nose

YES →

- Get assessed for COVID-19 AND**
- > Self isolate for 10 days,
 - > *Until* your fever is gone,
 - > Your symptoms have resolved **AND**
 - > You are feeling better

↓ **NO**

Have you travelled to ANY country outside of Canada in the last 14 days?

YES →

- Self-isolate for 14 days.**
- > You DO NOT need testing for COVID-19
 - > Regularly self monitor for any symptoms. If symptoms develop—retake the self-assessment and inform your employer.

↓ **NO**

Have you provided care or had contact with a person with COVID-19 (probable or confirmed) while they were ill?

YES →

↓ **NO**

→ You do not appear to have symptoms consistent with COVID-19.