





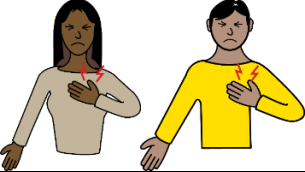










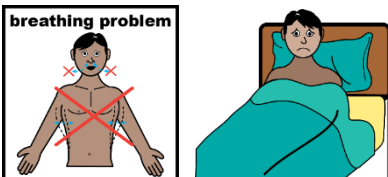




COVID-19 Self Assessment Tool








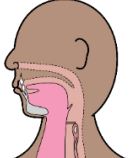

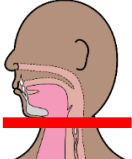




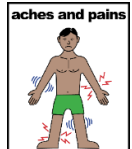

Plain Language-Easy Read Version

About your health in the last week.  	NO 	SOMETIMES 	YES 
I've been having a hard time breathing. 			
My chest hurts a LOT. 			
It is really hard to wake up. 			
I am feeling confused. 			
I have collapsed recently. 			






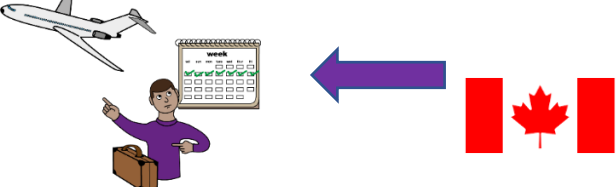




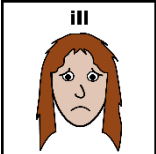

<p>Today...</p> 	<p>NO</p> 	<p>SOMETIMES</p> 	<p>YES</p> 
<p>I am short of breath.</p> 			
<p>I have a hard time breathing when I lie down.</p> 			
<p>Have you had any signs of COVID-19?</p> 			
<p>Fever (very hot)</p> 			
<p>Chills (very cold)</p> 			
<p>Had a hard time breathing?</p> 			



<p>Today...</p>  	<p>NO</p> 	<p>SOMETIMES</p> 	<p>YES</p> 
<p>Sore throat?</p>   <p>lots of pain</p>			
<p>Hard to swallow?</p> 			
<p>Runny or stuffy nose?</p> 			
<p>Can't smell?</p> 			
<p>Headaches?</p> 			
<p>Muscle aches?</p>   <p>aches and pains</p>			
<p>Tired?</p>  <p>tired</p>			



<p>Today...</p> 	<p>NO</p> 	<p>SOMETIMES</p> 	<p>YES</p> 
<p>Not hungry?</p> 			
<p>Have you gone on a trip out of Canada in the last 14 days?</p> 			
<p>Do you live with someone who the doctor says has COVID-19?</p> 			
<p>Do you have someone who supports you who the doctor says has COVID-19?</p> 			

If you feel sick. . Stay home. 

Cancel  your appointment. 