

# COVID-19 SELF-ASSESSMENT

Before entering, please assess yourself:

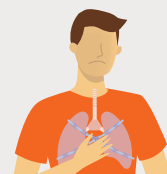
## COMMON SYMPTOMS OF COVID-19 INCLUDE:



**FEVER**  
(Temperature of  
37.8°C or greater)



**NEW OR  
WORSENING  
COUGH**



**SHORTNESS  
OF BREATH**  
(Dyspnea)

## OTHER SYMPTOMS OF COVID-19 CAN INCLUDE:



**SORE THROAT  
OR DIFFICULTY  
SWALLOWING**



**NEW SMELL  
OR TASTE  
DISORDER(S)**



**NAUSEA/VOMITING,  
DIARRHEA,  
ABDOMINAL PAIN**



**RUNNY NOSE, OR  
NASAL CONGESTION**  
Unrelated to seasonal  
allergies, post nasal drip

**In the last 14 days, have you, your child or other dependants:**

Travelled outside of Canada, including the United States?

Had close contact with a confirmed or probable COVID-19 case?

Had close contact with a person with acute respiratory illness who has been outside Canada, including the United States?

## IF YOU HAVE SYMPTOMS OR MAY HAVE BEEN EXPOSED TO COVID-19:

- Do not enter and return home immediately
- Seek assessment and testing as early as possible at a COVID-19 Assessment Centre
- Self-isolate for 14 days (including any members of your household or people you had close contact with from 48 hours before symptoms)
- You must also self-isolate if you have been in close contact with a confirmed COVID-19 case in the past 14 days; and/or you have returned from travel outside Canada in the past 14 days

## STAY INFORMED.

[york.ca/covid19](https://york.ca/covid19)

1-800-361-5653

48 Last Updated August 26, 2020

  
**York Region**