



# COVID-19 Self-Screening Assessment

Participants must undertake this self-assessment the morning of the guided hike. Please note that the self-assessment is only meant as an aid and cannot diagnose you. Consult a health care provider if you have medical questions.

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## Are You Currently Experiences Any of These Symptoms?

- Fever (Temperature above 37.8C or 100.4F)
  - Chills
  - Cough that is new or worsening (continuous or more than usual)
  - Barking cough, making a whistling noise when breathing (croup)
  - Shortness of breath (out of breath, unable to breathe deeply)
  - Sore throat (not related to seasonal allergies or other known causes or conditions)
  - Difficulty swallowing
  - Runny nose (not related to seasonal allergies or other known causes or conditions)
  - Lose of taste or smell
  - Pink eye (conjunctivitis)
  - Headache that is unusual or long-lasting
  - Digestive issues like nausea/vomiting, diarrhea, stomach pain (not related to other known causes or conditions)
  - Muscle aches that are unusual or long lasting
  - Extreme tiredness that is unusual (fatigue, lack of energy)
  - Falling down
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## Have you Experienced the Following?

- Have you travelled outside of Canada in the last 14 days?
  - Have you had contact with anyone who has travelled outside of Canada in the last 14 days?
  - Have you been in close contact with anyone who has a confirmed or suspected case of COVID-19?
  - Have you had contact with anyone who is sick with respiratory symptoms within the last 14 days?
  - Have you been advised to self-isolate or quarantine by Public Health officials or their designates?
  - Have you tested positive for COVID-19 and not yet been cleared by Public Health to return to work?
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**If you answered “yes” to any of the above questions, do not to attend the guided hike.**