

## 2019 Novel Coronavirus (COVID-19) Self-Assessment

Complete the following questions:

**1. Are you are feeling unwell with any of the following symptoms?**

- Fever, new cough or difficulty breathing (or a combination of these symptoms).
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea. Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

**2. And have experienced any of the following:**

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

If you answered **YES** to **BOTH** of these questions, you should seek assessment for COVID-19 over the phone by calling Hastings and Prince Edward Public Health (HPEPH) at 613-966-5500.

**As an employer what should I do?**

- If the person has arrived at work and as answered YES to BOTH the above questions, advise the person to return home immediately and to self isolate. Direct the person to contact HPEPH Intake Line at 613-966-5500 for further direction.
- If the person has self-identified and is at home, advise not to attend workplace and to self isolate. Direct the person to contact HPEPH Intake Line at 613-966-5500 for further direction.

If you answered **NO** to **BOTH** of these questions, it is unlikely that you have COVID-19.

- There is no self isolation requirements for persons who answer NO to BOTH questions.

**As an employer:**

- If a person has respiratory symptoms as above (question 1) but has not travelled they should be instructed to stay at home until better.
- Advise the person if they start to experience worsening symptoms, to visit their local emergency department. Advise to call before they go and let them know you have used this self-assessment tool.
- Advise the person to continue to monitor their health and to complete the self-assessment prior to attending the workplace each day.

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