



## Self Check Questions for Joining Us Onsite

Are you experiencing, or have you experienced in the last 14 days, any of the following:

- Moderate to severe difficulty with breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

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

Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, loss of sense of smell, headache, muscle aches, fatigue, congestion or loss of appetite.

Have you travelled to any countries outside of Canada (including the United States) in the last 14 days?

Did you provide care or have close contact with a person with confirmed COVID-19 in the last 14 days?

**Please Note:** We strongly recommend anyone that could be at an increased risk of contracting COVID-19 due to an underlying medical condition or compromised immune system please stay home and enjoy the service online.



## Self Check Questions for Volunteers

Are you experiencing, or have you experienced in the last 14 days, any of the following:

- Moderate to severe difficulty with breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

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

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Have you travelled to any countries outside of Canada (including the United States) in the last 14 days?

Did you provide care or have close contact with a person with confirmed COVID-19 in the last 14 days?

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