

Self Assessment Tool

Questions from the online self assessment tool from Alberta Health Services, accessed
May 12, 2020

Are you experiencing any of the following:

- Severe difficulty breathing (e.g., struggling for each breath, speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Lost consciousness

If yes, please call 911 or go directly to your nearest emergency department

Are you experiencing any of the following:

- Shortness of breath at rest
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of your current respiratory illness

If yes, please call 811 to speak with a nurse

Do you have any of the following:

- Fever
- New onset of cough or worsening of chronic cough
- New or worsening shortness of breath
- New or worsening difficulty breathing
- Sore throat
- Runny nose

If yes, you must immediately self-isolate. You are recommended to be tested for COVID-19.

Do you have any of the following:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint ache
- Feeling unwell, fatigue, or severe exhaustion
- Nausea, vomiting, diarrhea, or unexplained loss of appetite
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

If yes, you are recommended to be tested for COVID-19.

In the past 14 days, did you return from travel outside of Canada, or did you have close contact with someone who is confirmed as having COVID-19?

If yes, you must self-isolate. You do not need to be tested for COVID-19.

Thank you for completing this self-assessment tool. The health and safety of everyone is very important to us.

Link to the online self assessment tool:

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>