



## COVID-19 Self-Assessment

Everyone who comes to Nelson Nordic Ski Club should complete the Self-Assessment below by answering these questions on a daily basis when participating in any activities at the Club.

### 1. 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
- stuffy or runny nose
- loss of sense of smell
- headache
- muscle ache,
- fatigue
- loss of appetite

*If you are experiencing any of these symptoms, please stay home and get assessed for a COVID-19 test, and self-isolate for at least 10 days.*

### 2. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?

*If you responded yes to this question, please stay home, self-isolate for 14 days and self-monitor.*

### 3. Did you provide care or have close contact with a person with a confirmed case of COVID-19?

- This means you likely would have been contacted by the public health team at your health authority.

*If you responded yes to this question, please stay home, self-isolate for 14 days and self-monitor.*