


The following must be filled out for every practice and presented at each practice to the lead coach.
If you check YES to one of the boxes, we ask that you stay home.












COVID-19

Please complete the following questions before beginning your work today.

Name: _____
 Date: _____ Time: _____

Do you have any of the following new or worsening symptoms?


Yes <input type="checkbox"/> No <input type="checkbox"/>	 Fever/Chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Cough	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Difficulty breathing/ Shortness of breath	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Sore throat/ Difficulty swallowing
Yes <input type="checkbox"/> No <input type="checkbox"/>	 Runny nose (unrelated to seasonal allergies)	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Loss of taste or smell	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Not feeling well, headache, unexplained tiredness and muscle aches	Yes <input type="checkbox"/> No <input type="checkbox"/>	 Nausea, vomiting, diarrhea, abdominal pain



Yes In the last 14 days, have you had close physical contact with a person who:


- was sick with a respiratory illness (had a new or worsening cough, fever or difficulty breathing)?
- has returned from travel outside of Canada in the last 14 days?
- was a confirmed or probable case of COVID-19?

No



Yes In the last 14 days, have you travelled outside of Canada?

 No



If you answered **YES** to any of these questions, **please return home and self-isolate.**
 Visit [OttawaPublicHealth.ca/COVIDCentre](https://ottawapublichealth.ca/COVIDCentre) for more information about getting tested.
If you are feeling unwell, contact your health care provider or call **Telehealth Ontario** at **1-866-797-0000** to speak to a registered nurse.

Adapted with permission from Toronto Public Health 17/06/2020

OttawaPublicHealth.ca/Coronavirus
