

SELF-SCREENING QUESTIONS FOR IN-PERSON VISITS

Before each visit, you (both Big and Little) should ask yourself the following questions to ensure that it is safe to meet. The questions will verify that you are free (to the best of your knowledge) of COVID-19 symptoms and that you meet the restrictions and recommendations of Public Health Ontario.

1. Have you travelled outside of Canada in the last 14 days?

YES / NO

2. Are you experiencing any of the following symptoms of COVID-19?

- Fever
- New onset of cough
- Chills
- Unexplained fatigue
- Headache
- Sore Throat
- Runny Nose
- Stuffy or Congested Nose
- Lost sense of taste or smell
- Difficulty breathing
- Difficulty swallowing
- Pink eye
- Digestive issues (nausea/vomiting, diarrhea, stomach pain)

YES / NO

3. Have you been in close contact with a person showing symptoms or who has tested positive for COVID-19?

YES / NO

4. Have you been in close contact with a person with acute respiratory illness who has been outside of Canada in the last 14 days?

YES / NO

If either of you answered "YES" to any of these questions, you are not permitted to meet. It is important to constantly monitor yourself and possible symptoms to make sure that you are not putting others at risk.

