

COVID-19 Daily Self-Assessment



To prevent the spread of COVID-19 members of the Port Community accessing SJPA property are required to complete a daily self-assessment, in addition to providing proof of full vaccination or exemption therefrom. The answers to the questions below will assist in determining if access to SJPA property is permitted. The results are valid for **24 hours**.

This is not meant to be used as a tool to assess your overall health nor does it replace a visit to your primary care physician. This tool is meant to assess new or worsening of long-standing symptoms and not other symptoms such as those related to seasonal or environmental allergies.

COVID-19 Daily Screening Tool

Question 1

Have you travelled outside of Canada within the last 14 days and are required to self-isolate? **YES or NO**

Question 2

Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) within the past 14 days? (If you have been cleared by public health to return to work, answer No). **YES or NO**

Question 3

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

- Fever (or signs of fever such as chills, sweats, muscle aches and light-headedness)
- Cough
- Headache
- Sore throat
- Small red or purples spots on your hands and/or feet
- Painful swallowing
- Runny nose
- Unexplained loss of appetite
- Diarrhea
- Loss of sense of smell or taste

YES or NO

If you responded **NO** to all questions, proceed to SJPA property as usual.

If you responded **YES** to any of these questions, **do not proceed to SJPA property**. Go home and self-isolate. Call 811 or visit gov.nl.ca/COVID-19 for more information as you may be eligible for a COVID-19 test.