

# COVID-19

## Symptom Assessment Tool



Association québécoise  
des thérapeutes naturels

This assessment tool will help determine whether a client may need further assessment for COVID-19. Complete this assessment with your client prior to their session.

## **I'm not feeling well. What should I do next?**

The Public Health Agency of Canada strongly urges anyone who has any of the following symptoms: fever, cough, sore throat, runny nose, or headache to ISOLATE at home or another suitable location.

For more information on COVID-19, refer to the Government of Canada COVID-19 website. <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

### **1) Are you experiencing any of the following?**

Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)

Severe chest pain

Having a very hard time waking up

Feeling confused

Losing consciousness

#### **No (go to next question)**

**Yes:** Please call 911 or go directly to your nearest emergency department.

These symptoms require immediate attention. You should call 911 immediately, or go directly to your nearest emergency department.

### **2) Are you experiencing any of the following?**

Mild to moderate shortness of breath

Inability to lie down because of difficulty breathing

Chronic health conditions that you are having difficulty managing because of difficulty breathing

#### **No (go to next question)**

**Yes:**Please consult your family doctor. If you are unable to reach your regular health care provider, call Telehealth. A healthcare provider will need to speak to you about your symptoms in more detail.For Quebec, call 8-1-1 & 1-877-644-4545 (dedicated to COVID-19).

### **3) Are you experiencing any of the following?**

Fever, cough, difficulty breathing, sudden loss of sense of smell without nasal congestion, with or without loss of taste, sore throat, headache, aching muscles, intense fatigue, severe loss of appetite and diarrhea. Symptoms can be mild or more severe like those associated with pneumonia. (Source: Quebec.ca)

#### **No (go to next question)**

**Yes:** Please isolate. As a precaution, the Public Health Agency of Canada is asking anyone with symptoms (fever, cough, sore throat, runny nose, or headache) to isolate.

Monitor your symptoms as directed by your healthcare provider or Public Health Authority until they advise you that you are no longer at risk of spreading the virus to others.

Your assessment is not complete. Finish the remaining questions to obtain complete recommendations on what steps to be taken.

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

#### **No (go to next question)**

**Yes:**Please quarantine (self-isolate) for 14-days from your last exposure to the symptomatic person or upon your return to Canada.All travellers returning to Canada are legally required to self-isolate for 14 days.

There's a chance you could get sick if it's been less than 14 days since your exposure. You should stay at home, avoid contact with others and self-monitor for any symptoms (fever, cough, sore throat, runny nose or headache). If you develop any symptoms, you should isolate yourself from others in your home and take this self-assessment again.

If you are a health care worker, follow the advice of your employer. If you are an essential service worker involved in the cross-border movement of goods/services you may be exempt from the legal requirement.

If you need more information, go to Health Canada's COVID-19 website.

If you are experiencing symptoms other than COVID-19, contact your family physician. If you are unable to reach your regular health care provider, call Telehealth. For Quebec, call 8-1-1 & 1-877-644-4545 (dedicated to COVID-19).

## **5) Within the last 14 days did you provide care or have close contact with a symptomatic person known or suspected to have COVID-19?**

A close contact is defined as a person who:

- Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment; or
- Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or
- Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

### **No (go to next question)**

**Yes:** same as answer from #4

## 6) Did you have close contact with a person who travelled outside of Canada in the last 14 days who has become ill (fever, cough, sore throat, runny nose or headache)?

A close contact is defined as a person who:

- Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment; or
- Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or
- Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

### No

**Yes:** Please stay at home as much as possible (and follow any local public health emergency requirements).

When outside of the home practice physical (social) distancing from others, avoid any crowded places. Self-monitor for symptoms of COVID-19, and wash your hands frequently.

If you develop any symptoms (fever, cough, sore throat, runny nose or headache), immediately go home, or stay home, and isolate yourself from others and follow the advice of your local Public Health Authority.

If you become aware of any potential exposure of cases of COVID-19, take this self-assessment again. If you need more information, go to the Government of Canada's COVID-19 website.

If you are experiencing symptoms other than COVID-19, contact your family physician. If you are unable to reach your regular health care provider, please call TelehealthFor Quebec, call 8-1-1 & 1-877-644-4545 (dedicated to COVID-19).