

**St. David's Presbyterian Church COVID-19 Best Practices Committee**  
**SELF-ASSESSMENT GUIDE**

To prevent the spread of the virus anyone accessing the premises of St. David's Presbyterian Church at 98 Elizabeth Avenue, St. John's, NL is required to complete this daily self-assessment. The answers will assist in determining if access is permitted. **The results are valid for 24 hours.** This is not meant to be used as a guide to assess your overall health nor does it replace a visit to a physician. Please submit this to the Church Office.

**Question 1** Answer yes or no: have you travelled outside of Newfoundland and Labrador (excluding the Atlantic "bubble" i.e. Nova Scotia, New Brunswick, and Prince Edward Island) within the last 14 days?

**Question 2** Answer yes or no: do you have any of the following symptoms (new or worsening)?

- Fever with a temperature of 37.8 C/100 F or higher (or signs of fever such as chills, sweats, muscle aches, light-headedness)
- Cough
- Headache
- Sore throat
- Small red or purple spots on your hands and/or your feet
- Painful swallowing
- Runny nose
- Unexplained loss of appetite
- Diarrhea
- Loss of sense of smell or taste
- Nausea and vomiting
- Shortness of breath
- Chest pain

**Question 3** Answer yes or no: have you provided care or had close contact with a person with COVID-19 (probable or confirmed) within the past 14 days?

**If you answered No to each question 1, 2 and 3, you are cleared to go to St. David's. If you answered Yes to Question 3, please consider Question 4.**

**Question 4** Answer yes or no: when you provided care or had close contact with a person with COVID-19 (probable or confirmed) did you wear the required and/or recommended Personal Protective Equipment (PPE) based on the types of duties you were performing (e.g., face shield, goggles, mask and gown or N95 with aerosol generating medical procedures (AGMPs))?

**If you answered Yes to 3 and 4, you are also cleared to go to St. David's.**

**If you answered YES to Questions 1, 2, or 3 and NO to Question 4, DO NOT PROCEED to St. David's. If you are not qualified to proceed, consider contacting your health care advisor or go home and self-isolate. Call 811 or visit [gov.nl.ca/COVID-19](http://gov.nl.ca/COVID-19) for more information. Testing may be required.**

**NAME (Please print clearly):** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

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