**COVID-19 Self Screening Guide**



# Before entering our Home

# Please ask yourself the following questions:

# Do you or a family member have a sore throat, new onset of cough, fever or difficulty breathing?

# Have you or anyone in your family travelled internationally or within Canada in the last 14 days?

1. Have you been in contact with anyone who has been;
	* Diagnosed with COVID 19 virus
	* Is under investigation for the COVID-19 virus

If you answered **Yes** to any of these questions, please do not enter my home

Please call me and we can reschedule our visit.

# Important Resources

# Ottawa Public Health 613-580-2424 <https://www.ottawapublichealth.ca/en/index.aspx>

# Province of Ontario <https://www.ontario.ca/page/2019-novel-coronavirus>