

Please complete prior to arriving at Holy Cross every time.

Are you experiencing any of the following?

- Severe difficulty breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Loss of consciousness

If YES, call 911 or go directly to your nearest emergency department

Are you experiencing any of the following?

- Shortness of breath at rest
- Inability to lie down because of difficulty breathing
- Chronic health condition that you are having difficulty managing because of your current respiratory illness

If YES, call 811 to speak with a nurse.

In the past 10 days, have you experienced any of the following?

- Fever
- New onset of cough or worsening of existing cough
- New or worsening shortness of breath
- New or worsening difficulty breathing
- Sore throat
- Runny nose

If YES, call 811 to speak with a nurse.

Do you have any of the following?

- Chills

- Painful swallowing
- Stuffy nose
- Headache
- Feeling unwell, fatigue, exhaustion
- Muscle or joint ache
- Nausea, vomiting, diarrhea, loss of appetite
- Loss of sense of smell or taste
- Pink eye

If YES, call 811 to speak with a nurse.

In the past 14 days, did you return from travel outside of Canada, or did you have contact with someone who is confirmed as having COVID-19?

If YES, you must self-isolate and call 811.

If you have answered “Yes” to any of the questions listed above, follow the recommended guideline and do not come to Holy Cross until the symptoms have been resolved.