

## Health Self-Monitoring Checklist

During the fourteen (14) day self-isolation period mandated by the Government of Canada you are required to self-monitor your health on a twice daily basis. Self-monitoring requires you to take and record your body temperature twice daily and to record any symptoms you experience that could be related to COVID-19. This checklist has been created to help you keep accurate records of your body temperature and any symptoms you experience. Symptoms of COVID-19 include but are not limited to:

- Headache
- High Fever (adults 103F/ 39.4C)
- Fatigue/Drowsiness
- Sore ~~T~~hroat
- Cough Chest Discomfort/Difficulty Breathing

**Self-Isolation Start Date:** \_\_\_\_\_

Day	AM Body Temperature	PM Body Temperature	AM Symptoms	PM Symptoms
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

### If You Begin to Develop Symptoms of COVID-19:

- You should report this to our manager, by calling the front desk, so that extra precautions can be taken to secure your health and safety and that of our ambassadors and other guests.
- The Centre for Disease Control has developed an online tool to help you determine if you need further assessment or testing for COVID-19.
- You can complete the assessment for yourself or on behalf of someone else if they are unable to do so.
- The online tool can be accessed online through this link: <https://covid19.thrive.health/>
- After completing the online assessment tool, if you still have questions, contact your healthcare provider or, if you are located in British Columbia, Alberta or Saskatchewan, call 8-1-1.
- If your symptoms are severe; e.g. shortness of breath, call 9-1-1 immediately and then call the front desk to advise that medical personnel will be arriving at the hotel.