

## Coronavirus (COVID-19) Self-Assessment

If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it or recently traveled, use this self-assessment to help determine how to seek further care.

You can complete this assessment for yourself or on behalf of someone else, if they are not able to do so.

### **Self-Assessment:**

#### **If you are feeling unwell with any of the following symptoms:**

- Fever, new cough or difficulty breathing or a combination of these symptoms
- Muscle ache, fatigue, headache, sore throat, runny nose or diarrhea. Symptoms in young children may also be non-specific (e.g. lethargy, poor feeding)

#### **And you have experienced any of the following:**

- Have you travelled outside your country of residence in the last 14 days?
- Have you been in in close contact with someone who has a confirmed or probable case of COVID-19 infection (e.g. someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (e.g. fever, cough or difficulty breathing) who recently travelled outside the country of residence in the last 14 days?

**If you answered yes to these questions, you should seek clinical assessment for COVID-19 over the phone, and may need for a laboratory test for the confirmation of diagnosis.**

- Contact your local Coronavirus (COVID-19) helpline or a health care provider or Public Health Authority and let them know that you have used this self-assessment tool

**If you answered no to these questions, it is unlikely that you have COVID-19.**

#### **You are recommended to:**

- Continue self-monitoring of your health and may you need to go self-isolate for a full 14 days after your return to your country of residence or if you have had contact with someone who is ill. If you develop any new symptoms, seek clinical assessment and testing for COVID-19.

**For more information on Coronavirus (COVID-19) visit [www.educateyourhealth.com](http://www.educateyourhealth.com)**