



# COVID-19

Keeping Each Other Healthy

## COVID-19 SYMPTOM CHECKLIST

Every day before coming to campus (or leaving your residence room) please conduct this questionnaire. You must be able to answer **NO TO ALL** these questions to move about campus.

1. Within the last 48 hours, have you had or are you currently experiencing fever (i.e. chills/sweats) OR Cough (new or worsening);
2. Within the last 48 hours, have you had or are you currently experiencing two or more of the following symptoms (new or worsening):
  - Sore throat
  - Runny nose/nasal congestion
  - Headache
  - Shortness of breath
3. Have you or anyone in your household been asked to self-isolate by a healthcare professional or has anyone in your household tested positive for COVID-19?

If you have answered **YES** to any of these questions, please call **811** and stay home (or in your room) until you either feel better or receive clearance from public health officials to return to your normal activities.

This information is consistent with the revised list of COVID-19 symptoms updated by the Nova Scotia government on September 23, 2020.

**#XOutCovid**





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