COVID-19 Self-Assessment

This tool assesses risk of COVID-19 for you (or a family member) and guides further actions.

**Are you experiencing any of the following symptoms:**
- difficulty breathing (e.g., unable to finish sentences because of your breathing, short of breath at rest, unable to lie down because of difficulty breathing);
- chest pain;
- having a hard time waking up;
- fainted or lost consciousness; OR
- difficulty managing your daily life because of breathing difficulties.

**Please call 911 or go directly to your nearest emergency department or health centre if you are in a smaller community**
If you think that you have COVID-19, please tell 9-1-1 or the health centre before you go so that they are prepared for your arrival.

**Have you been outside of Canada in the last 14 days?**

- **NO**
- **YES**

**Have you been outside of the Northwest Territories in the last 14 days?**

- **NO**
- **YES**

**In the last 14 days have you:**
- been in close contact with someone: confirmed to have COVID-19; OR
- who is being investigated for COVID-19; OR
- lab exposure to biological material; OR
- attended a mass gathering where COVID-19 was spread; OR
- lived or worked in a closed facility experiencing a COVID-19 outbreak

**You MUST self-isolate for 14 days and:**
- Monitor your health for symptoms such as: fever, cough or difficulty breathing.
- Follow healthy respiratory practices

**Based on the responses you have provided, your risk of having been exposed to COVID-19 is low.**
- If your situation changes please retake the NWT COVID-19 Self-Assessment.

- To protect yourself and your community, continue to follow healthy respiratory practices and social distancing. Social distancing means leaving 2-meters (or more) between yourself and those around you.

**Anyone entering the NWT within the past 14 days MUST self-isolate for 14 days since your arrival.**
You will need to complete and submit a complete mandatory isolation or self-isolation plan. On March 25th, 2020, the Government of Canada implemented an Emergency Order under the Quarantine Act that everyone entering Canada MUST complete mandatory isolation or self-isolation.

- **NO**
- **YES**

- All returning NWT residents must self-isolate in Yellowknife, Inuvik, Hay River or Fort Smith only. Not is smaller communities. For more information for travelers returning to Canada, visit Public Health Agency of Canada website.

- If you develop symptoms while you are self-isolating, contact a health care provider or 9-1-1 if your symptoms are severe.

- If you arrive to the NWT without symptoms of COVID-19, you must complete 14 days of mandatory self-isolation upon arrival. Before entering into the NWT, you must complete a self-isolation plan. Go directly to your place of mandatory self-isolation identified in your self-isolation plan and stay there for 14 days; You can go outside for fresh air, but stay in a private place like your yard or balcony.

- If you think that you have COVID-19, please tell 9-1-1 or the health centre before you go so that they are prepared for your arrival.

For more information, please visit www.gov.nt.ca/covid-19

UPDATED APR 24, 2020 INTERIM
Let a health care provider know if you develop symptoms.

Call 9-1-1

Let your healthcare provider know if you develop symptoms.

Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

**COVID-19 Daily Self-Monitoring Form**

Let your healthcare provider know if you develop symptoms.

Name: ____________________________

Date of Symptom Onset: ______________

Monitoring End Date: ________________

Date each day, check your temperature and then check any of the symptoms

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*No Symptoms*  

**Symptoms**  

Let a health care provider know if you develop symptoms.

- Temperature (specify: °C)
- Chills / Feverish
- Difficulty breathing **Call 9-1-1**
- New or worsening cough
- Runny nose
- Nausea / Vomiting / Diarrhea
- Sore throat
- Tiredness
- Muscle Aches
- Headache
- Loss of sense of small
- Generally feeling unwell
- Other, specify

**Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community**

- Stay home if you are sick
- If you are sick, avoid close contact with others
- Turn and cover your mouth and nose
- Throw used tissues in the garbage
- Wash your hands
- Clean/Disinfect

If you are in the NWT and have any additional non-medical questions or concerns about COVID-19 - call 8-1-1

**Regional Center Contacts**  

*Yellowknife:* 867-767-9120  

*Inuvik:* 867-490-2225  

*Fort Smith:* 867-872-6219 or 867-872-6221  

*Hay River:* 867-874-7201  

(867) 874-8050

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