

GUIDELINES FOR SELF ASSESSMENT BEFORE COMING TO CHURCH

Are you or any member of your household experiencing any of the following?

Severe difficulty breathing, severe chest pain, feeling confused, shortness of breath at rest, inability to lie down because of difficulty breathing, chronic health conditions.

Do you have any of the following?

Chills, painful swallowing, stuffy nose, headache, muscle or joint aches, feeling unwell, fatigue or severe exhaustion, nausea, vomiting, diarrhea or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye)

Have you travelled outside of Canada in the last 14 days?