COVID-19 Self-Assessment Flow Chart

Protecting all farm workers. Every day before starting your shift, and at the end of your shift, all workers must self-assess for COVID-19 by asking these questions:

Are you experiencing any of the following:
- Severe difficulty breathing
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

**YES**

- Call 911, or
- Go to nearest emergency department
- Tell your employer

Are you experiencing any of the following:
- Mild to moderate shortness of breath
- Cannot lie down because of difficulty breathing
- Cannot manage other health conditions because of difficulty breathing

**YES**

- Consult a Family Doctor, or
- Consult a Nurse Practitioner, or
- Seek care at treatment centre
- Tell your employer

Are you experiencing cold, flu or COVID-19 like symptoms, even mild ones? Symptoms include:
- Muscle Aches
- Fatigue
- Sore Throat
- Headache
- Loss of appetite
- Chills
- Runny nose
- Nausea and vomiting
- Diarrhea
- Loss of sense of smell/taste

**YES**

Get assessed for a COVID-19 test

AND

- Self isolate for 10 days,
- AND your fever is gone
- AND you are feeling better

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

**YES**

Self-isolate for 14 days.

You do not need testing for COVID-19

Did you provide care or have close contact with a person with COVID-19 (probable or confirmed) while they were ill?

**YES**

Regularly self monitor for any symptoms. If you begin to develop these, retake the self-assessment and inform your employer.

You do not appear to have symptoms consistent with COVID-19.