

NCBL Self Assessment Covid-19 Questionnaire

(taken from Baseball Ontario online self assessment tool)

- **Call 911 if you are you currently experiencing severe difficulty breathing** (struggling for each breath, can only speak in single words), **severe chest pain** (constant tightness or crushing sensation), **feeling confused of where you are, or losing consciousness.**
- **If you have travelled outside of Canada in the last 14 days, you may not attend any game, practice, meeting or other in-person activity. You should stay home for 14 days.**
- **If you answer Yes to any of questions 1, 2 or 3, you may not attend any game, practice, meeting or other in-person activity. You should get tested and stay home.**

1. Are you currently experiencing any of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius or higher)
- Chills
- Cough that's new or worsening (continuous, more than usual)
- Barking cough making a whistling noise when breathing/croup)
- Shortness of breath (out of breath, unable to breathe deeply)
- Sore throat
- Difficulty swallowing
- Runny nose (not related to seasonal allergies or other known causes or conditions)
- Stuffy or congested nose (not related to seasonal allergies or other known causes or conditions)
- Lost sense of taste or smell
- Pink eye (conjunctivitis)
- Headache that's unusual or long lasting
- Digestive issues (nausea/vomiting, diarrhea, stomach pain)
- Muscle aches
- Extreme tiredness that is unusual (fatigue, lack of energy)
- Falling down often

2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19? Close physical contact means being less than 2 metres away in the same room for over 15 minutes.

3. In the last 14 days, have you been in close physical contact with a person who is currently sick with a new cough, fever or difficulty breathing or with someone who has returned from outside of Canada in the last 2 weeks? Close physical contact means being less than 2 metres away in the same room for over 15 minutes.

- **If you are in an at-risk group as per question 4, it is recommended that you not attend any game, practice, meeting or other in-person activity. However, you may attend as long as you answered "No" to questions 1, 2 and 3.**

4. Are you in an at-risk group? (70 years old or older; getting treatment that compromises or weakens your immune system eg. chemotherapy, medication for transplants, corticosteroids, TNF inhibitors; **having a condition that compromises or weakens your immune system** eg. Upus, rheumatoid arthritis, other autoimmune disorder; **having a chronic health condition** eg. Diabetes, emphysema, asthmas, heart condition; **or regularly going to a hospital or health care setting for treatment** eg. Dialysis, surgery, cancer treatment).