



SELF SCREENING

Instructions: Any individual entering Hayden property is required to self-screen for the following symptoms

Symptoms Part 1	
Has the individual developed ANY 1 of the following symptoms in the past 24 hours? Yes No	
Fever (100 degrees or greater) or chills, or taken medication within the past 24 hours to lower their temperature	
New cough (not due to other known cause, such as chronic condition)	
Shortness of breath or trouble breathing	
New loss of taste or smell	
If the answer is yes to any of the above questions in Part 1 you should test negative for COVID before entering onto Hayden Property	
Symptoms Part 2	
Has the individual developed ANY 2 of the following symptoms in the past 24 hours? Yes No	
Sore throat	
Fatigue	
Runny nose or nasal congestion (not due to other known causes, such as allergies)	
Headache	
Muscle or body aches (unrelated to physical activity/injury)	
Nausea (feeling sick to stomach)	
Vomiting	
Diarrhea	
If the answer is yes to any 2 of the above questions in Part 2 you should test negative for COVID before entering onto Hayden Property	

If you can answer "Yes" to the single symptom or 2 symptoms list, you should test negative for COVID before entering onto Hayden property. Please refer to the COVID protocols reference sheet for next steps and contact Hayden Administration.



J.W. Hayden Recreation Centre

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If You Test Positive for COVID-19 (Isolate)

EVERYONE regardless of vaccination status:

- Stay home for a minimum of 5 days
- If you have no symptoms, or your symptoms are resolving after 5 days, and you are fever free without medication for 24 hours, you may return to Hayden
- Continue to wear a mask around others for 5 additional days
- If an individual is unable to mask, they may return to Hayden with a negative test on Day 5 or later.

If You Were Exposed to Someone with COVID-19

If you are asymptomatic

- Anyone who can wear a mask should do so until 10 days after exposure.
- Testing on day 6 of exposure is recommended.
- A rapid antigen test is currently preferred to a PCR test.

If you are symptomatic

- Wear a mask around others for 10 days
- Test for COVID immediately
- A rapid antigen test is currently preferred to a PCR test
- If you are negative and fever free you may attend Hayden
- A second test 48 hours after the initial test is recommended.