



ATTENTION - DANCERS, PARENTS & STAFF

CONDUCT A COVID-19

“SELF-ASSESSMENT” BEFORE

ENTERING PULSE!

IF YOU ANSWER “YES” TO ANY OF THE BELOW QUESTIONS, PLEASE POSTPONE YOUR VISIT TO PULSE – DO NOT ENTER! CONTACT YOUR MEDICAL PRACTITIONER AND/OR TELEHEALTH 1-866-797-0000.

Thank you for helping to keep Pulse Dance Works Inc. safe!

1) NEW or WORSENING SYMPTOMS/SIGNS

- New or worsening cough
- Shortness of Breath or difficulty breathing
- Sore Throat
- Runny/Stuffy nose, sneezing or nasal congestion
(in absence of underlying reasons for symptoms such as seasonal allergies and post nasal drip)
- Hoarse voice
- Difficulty Swallowing

- New smell or taste disorders / loss of taste/smell
- Nausea/vomiting, diarrhea, abdominal/stomach pain
- Unexplained fatigue/malaise, sluggishness in children
- Chills
- Headache
- Pink Eye

2) TRAVEL

- Have you travelled outside of Canada or had close contact with anyone that has travelled outside of Canada in the past 14 days?

3) FEVER 37.8 °C or higher

- Do you have a Fever?
- Have you had a Fever within the past 24 hours?

4) CONTACT

- Have you had close contact with anyone with respiratory illness or a confirmed or probable case of COVID-19?