

# GUIDELINES TO SELF-CHECK FOR COVID-19

## STEP 1

Before coming to work,  
ask yourself: Do I feel sick? Am  
I experiencing any  
of these symptoms?

Fever or Chills • Cough •  
Fatigue • Headache • Sore  
throat • Shortness of breath or  
difficulty breathing •  
New loss of taste or smell •  
Muscle or body aches

**NO**

I don't have  
symptoms

**GO TO  
WORK AS  
SCHEDULED**

**YES**

I have  
symptoms

**STAY HOME  
AND GO TO  
STEP 2**

## STEP 2: Take the COVID Self-Checker

CANADA – English or French-Canadian: <https://covid-19.ontario.ca/>

Please contact your manager immediately if instructed to stay home, to visit a Healthcare Provider, or to engage with Telehealth.

**PLEASE NOTE:** Associates may be required to take the Self-Checker upon arriving at the worksite or during the shift, if required by the state.

If a person develops any of these **EMERGENCY WARNING SIGNS** for COVID-19,  
call 911 and get medical attention immediately:

**TROUBLE BREATHING, PERSISTENT PAIN OR PRESSURE IN THE CHEST,  
NEW CONFUSION OR INABILITY TO AROUSE, BLUISH LIPS OR FACE**