

## Greater Kingston Chorus (GKC) Health Screening Questionnaire (Effective October 11, 2022)

While GKC cannot guarantee a covid or infection free environment, it is incumbent upon all members to do their best to avoid transmitting infections to other members. To assist in determining if you should attend a GKC event, we ask that all members complete the following questions on the day that you will be attending a GKC event and be prepared to initial the sign in sheet. If you answer YES to any question, you are asked to NOT attend the GKC event. For the health and safety of our members, it is fundamental that these questions be answered honestly and thoughtfully.

PLEASE NOTE: If you test positive for COVID-19 within 48 hours after attending a GKC event, you are asked to please notify the GKC Team Lead at [gkcteamlead@gmail.com](mailto:gkcteamlead@gmail.com) so that members can be made aware of exposure, can monitor symptoms and avoid attending high risk settings. And it may be determined that a future event should be canceled or held via Zoom.

For more information about public health measures and advice related to COVID-19 visit:  
<https://www.ontario.ca/page/public-health-measures-and-advice>

### Health Screening Questions:

1. Do you have any of the following symptoms?

- fever or chills
- cough
- shortness of breath
- decreased or loss of taste or smell
- runny nose or nasal congestion (unrelated to allergies)
- headache
- extreme fatigue
- sore throat
- muscle aches or joint pain
- gastrointestinal symptoms (such as vomiting or diarrhea)

No \_\_\_ Yes \_\_\_

2. In the last 10 days, have you tested positive for COVID-19 or have you been diagnosed with a contagious infection such as strep throat, influenza, etc? No \_\_\_ Yes\_\_\_

If Yes, please stay home until your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms). Please wear a mask for a total of 10 days after the date of the positive test or symptom onset (whichever is earlier).

3. In the last 10 days, have you been identified as a “close contact” of someone who has tested positive for COVID-19 or someone with COVID-19 symptoms? No \_\_\_ Yes \_\_\_

NOTE: If you do not have symptoms select “NO”, but please self-monitor for symptoms and wear a mask for 10 days after your last exposure.

A close contact is anyone who was less than two metres away from the covid-positive person for at least 15 minutes, or multiple shorter lengths of time, without personal protective equipment, in the 48 hours before their symptoms began or their positive test result, whichever came first.