

Pilates EQ -COVID-19 Screening Checklist

As required by AHS regulations, Pilates EQ is required to ask these questions at each visit. **PLEASE do not to come to the studio and to reschedule your visit if you answer YES to any of the questions.**

1. Do you have any new onset (or worsening) of any of the following symptoms?

- Fever*
- Cough*
- Shortness of breath / difficulty breathing*
- Runny nose*
- Sore throat*
- Chills
- Painful swallowing
- Nasal congestion
- Feeling unwell / fatigued
- Nausea / vomiting / diarrhea
- Unexplained loss of appetite
- Loss of sense of taste or smell
- Muscle/ joint aches -new or worsening of chronic situation
- Headache
- Conjunctivitis (commonly known as pink eye)

*Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per CMOH Order 05-2020 OR receive a negative COVID-19 test and feel better before returning to activities. Use the AHS Online Assessment Tool to determine if testing is recommended and follow information on isolation requirements.

2. **HAVE** you travelled outside Canada in the last 14 days? (Individuals are legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada unless exempted by the Alberta COVID-19 Border Testing Pilot Program.)
3. **HAVE** you had close contact (1) with a case of COVID-19 in the last 14 days? (1) Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

By signing below, I confirm that I can answer NO to all of the above questions on the day of my visit noted. If I am unable to answer NO, I understand that I will not be allowed to attend a class or session.

Date of Visit	Signature