MÉTIS NATION OF ONTARIO (MNO) COVID-19 DAILY SELF-SCREENING ASSESSMENT
Updated January 5, 2022

Part 1: Symptoms

Are you currently experiencing any of these symptoms? Choose any/all that are new, worsening, and not related to other known causes or conditions you already have.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td><strong>If you answer YES to any of these symptoms, DO NOT enter an MNO office.</strong></td>
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- Fever and/or chills
- Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
- Cough or barking cough (croup), continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)
- Shortness of breath, out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)
- Sore throat (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)
- Difficulty swallowing, painful swallowing (not related to other known causes or conditions you already have)
- Runny or stuffy/congested nose (not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have)
- Decrease or loss of taste or smell (not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have)
- Pink eye, conjunctivitis (not related to reoccurring sties or other known causes or conditions you already have)
- Headache, unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)
- Digestive issues like nausea/vomiting, diarrhea, stomach pain (not related to irritable bowel syndrome, menstrual cramps, or other known causes or conditions you already have)
- Muscle aches, unusual, long-lasting (not related to a sudden injury, fibromyalgia, or other known causes or conditions you already have)
- Extreme tiredness, unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)
- Falling down often (for older people)

Continue to Part 2
Part 2: Screening

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>If you answer “Yes” to any of these questions, DO NOT enter an MNO office.</th>
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<td>Is anyone you live with currently experiencing any new COVID 19 symptoms and/or waiting for test results after experiencing symptoms?</td>
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<td>In the last 14 days, have you, or anyone you live with, travelled outside of Canada, and tested positive on a rapid test or PCR test upon return?</td>
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<td>In the last 14 days, have you been identified as a “close contact” of someone who currently has COVID19?</td>
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<td>Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?</td>
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<td>In the last 14 days, have you received a COVID Alert exposure notification on your cell phone? If you already went for a test and got a negative result, select “No.”</td>
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</table>

Employees are required to advise their People Leader and Human Resources humanresources@metisnation.org if they answered “Yes” to any of the above.

Part 3: Following Public Health Guidelines

Outside of MNO business hours, I certify that I have followed all public health directives in my region (wearing a mask, limiting contact with others outside of your home, physically distancing, etc.) as required by law.

Yes, I have followed all public health directives. I am safe to enter the office.

No, I have not followed all the public health directives. I may not be safe to enter the office.