

**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.

YES	NO	If you answer YES to any of these symptoms, DO NOT enter an MNO office.
		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

YES	NO	If you answer “Yes” to any of these questions, DO NOT enter an MNO office.
		Is anyone you live with currently experiencing any new COVID 19 symptoms and/or waiting for test results after experiencing symptoms?
		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?
		In the last 14 days, have you been identified as a “close contact” of someone who currently has COVID19?
		Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?
		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.”

Employees are required to advise their People Leader and Human Resources [humanresources@metisnation.org](mailto: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.**