

# WELLNESS SELF-ASSESSMENT 2022

**THIS SELF-ASSESSMENT TO BE INITIATED PRIOR TO LEAVING YOUR HOME FOR CLASS.**

*Have I, or anyone in my household, experienced any of the following symptoms in the past seven days?*

- 1. Symptoms of acute respiratory disease: cough / shortness of breath / difficulty breathing*
- 2. Fever over 38 degrees or chills*
- 3. Sore throat, difficulty swallowing*
- 4. Sudden decrease or loss of smell or taste*
- 5. Nausea / diarrhea / abdominal pain / vomiting*
- 6. Unexplained headache / body ache / fatigue*
- 7. Pinkeye*
- 8. Runny nose or nasal congestion without other known cause*
- 9. Headache – acute, unusual, long lasting*

If you answered **YES** to any of the above symptoms:

**Please kindly do not come class.**

**Please stay home until your (their) symptoms pass.**

**We know it is hard to miss a class!**

**Your attention and courtesy to the above Wellness Assessment before leaving home, for us as a two-coach led small business and for your fellow clubmates, are very deeply appreciated.**

Thank you very much.

*Michelle Scott*