



**CONFIDENTIAL COVID QUESTIONNAIRE**

Completed by (Client Name): \_\_\_\_\_ Date completed: \_\_\_\_\_  
 Address: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Please fill out this form (one for each person coming to us) and return it to Kettle River Outfitters by Fax or Email before travelling to our base camp. If any of the answers change from the time that you submitted this form to the time of your departure from home, please postpone your trip and advise us immediately.

**Signs of a fever:** In adults: 38°C (100.4°F) and above (oral temperature)  
 In older adults: 37.8°C (100°F) and above (oral temperature)

**Do you have a fever?**  
 Yes  No

**Do you have a cough?**  
 Yes  No

**Are you experiencing shortness of breath or difficulty breathing?**  
 Yes  No

**Have you or your family members travelled outside of Canada in the last 14 days?**  
 Yes  No

**Are you experiencing other flu-like symptoms, such as running nose, sore throat, headache, fatigue, muscle aches, or gastrointestinal upset?**  
 Yes  No

**Have you experienced recent loss of taste or smell?**  
 Yes  No

**Have you been in contact with someone experiencing symptoms of COVID-19 like those listed above or anyone who has been directed to quarantine or who tested positive for this virus in the last 14 days?**  
 Yes  No

- Practice physical distancing. This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.
- Practice good hygiene: wash hands often, cover coughs and sneezes, and avoid touching your face, eyes, mouth, and nose.
- Monitor for COVID-19 symptoms listed above. If you develop any COVID-19 symptoms, stay home, and take this self-assessment again.

If you answered yes to any of these questions you should not be coming to our base camp. You should call to cancel your visit. You may need to self-isolate. It is recommended that you contact your local health authority and follow their instructions.

**In order to protect your health as well as our wellbeing and safety, honest disclosure is essential.**