

# Self Assessment Screening Form

These questions must be answered completely, honestly and correctly.

- Are you experiencing these symptoms?
  - A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
  - A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
- Are you waiting for a test for COVID-19?
- Have you been told by NHS Test and Protect that you have been in contact with a person who has COVID-19 in the last 14 days?
- Have you returned from outside the UK in the last 14 days?

If any of these questions are answered 'yes', you should not attend any activities.