



# PRECAUTIONS

## PARTICIPANT SELF-SCREENING

COVID-19 Precautions: For the foreseeable future, to enter Trinity Baptist, we ask everyone self-screen, social distance, avoid contacting others and surfaces, practice good hygiene, and (except for those age 2 and under) wear a mask covering your nose and mouth at all times.

With these precautions, it is not possible to remove all risk of COVID-19 transmission to you or from you to other persons. For your health, and the protection of others in your church family, we ask everyone take this Participant Self-Screen prior to entering our campus.

***If you respond yes to any questions below, please consider if you should attend any activity at Trinity (or elsewhere) today.***

### 1) Today's health – Any Potential Symptoms of COVID-19

For the protection of your church family, please answer yes or no if you...

YES NO

- Have a fever** above 100.0° Fahrenheit.
- Have unexplained coughing**, or **new loss of taste** or **smell**.
- Have difficulty breathing**, or shortness of breath, or rapid breathing.
- Have any cold or flu-like symptoms** (including any fever, cough, sore throat, respiratory illness, chills, body aches, headache, diarrhea, nausea/vomiting or runny nose).
- Have an unexplained rash**, swollen hands/feet, or red skin/eyes (particularly in children).
- Do not feel good**, or unexplained tiredness.

### 2) Potential COVID-19 Exposure –

For the protection of your church family, please answer yes or no if in the last 14 days you or any member of your family...

YES NO

- Have had a positive COVID-19 test.**
- Believe you have had COVID-19.**
- Have difficulty breathing, or shortness of breath, or rapid breathing.
- Have experienced any cold or flu-like symptoms** (including fever, cough, sore throat, respiratory illness, difficulty breathing, chills, body aches, headache, diarrhea, nausea/vomiting or runny nose).
- Have had contact** with someone who has or may have had **COVID-19**.
- Have returned from international travel** or a domestic **COVID-19 Hot-Spot**<sup>(1)</sup>.
- Worked in an environment with **high-potential of COVID-19 exposure**.

### 3) High Risk of developing severe COVID-19 symptoms, including death –

For your protection, note you may be at high risk of severe COVID-19 symptoms if...

**Regardless of age, have chronic disease/underlying medical conditions** that your physician deems makes you High-Risk for severe COVID-19 symptoms (Examples include: lung disease, moderate to severe asthma, heart disease, immunocompromised, cancer, severe obesity/BMI>40, diabetes, kidney dialysis, liver disease, etc. Source: CDC)  
Are **over 65** years of age. (80% of US deaths are in people over 65)

<sup>(1)</sup> Current COVID Hot-Spots can be found at <https://coronavirus.jhu.edu/us-map>.