



BRITISH  
COLUMBIA

# BC COVID-19 Symptom Self-Assessment Tool

<https://bc.thrive.health/covid19/en>

**Are you experiencing any of the following?**

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

NO \_\_\_\_\_ YES \_\_\_\_\_

**Are you experiencing any of the following?**

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

NO \_\_\_\_\_ YES \_\_\_\_\_

**Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?**

- Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

NO \_\_\_\_\_ YES \_\_\_\_\_

**Have you travelled to any countries outside Canada (including the United States) within the last 14 days?**

NO \_\_\_\_\_ YES \_\_\_\_\_

**Did you provide care or have close contact with a person with confirmed COVID-19?**

Note: This means you would have been contacted by your health authority's public health team.

NO \_\_\_\_\_ YES \_\_\_\_\_

Any massage therapy treatment involves some risk of COVID-19 transmission. Kamloops Optimal Health RMT's will be following the protocol set out by the CMTBC to reduce or mitigate risk; but that risk cannot be reduced to zero.

I understand that the RMT's at Kamloops Optimal Health has taken measures to minimize the risk of viral transmission, and that the nature of massage therapy means that physical distancing is not possible in the treatment room. I consent to receive Registered Massage Therapy from Kamloops Optimal Health RMT's despite some risk.

\_\_\_\_\_  
(patient signature)

\_\_\_\_\_  
(date signed)

\_\_\_\_\_  
(Witness-RMT signature)

\_\_\_\_\_  
(date signed)