



## AYRSHIRE TIGERS COVID-19 SELF-SCREENING FORM

Covid-19 Officer Name: **Stuart Niven**

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The screening form is provided to all participants and coaches. You should review all questions before leaving home to attend the activity at our club.

Screening forms should be completed and returned by email to **nivenstuart@hotmail.com** and must not be physically shared or collected by a coach. If you have any questions, please contact **Stuart Niven**.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Please answer all questions accurately and honestly:**

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

*High Temperature* YES / NO

*A new, continuous cough* YES / NO

*A loss of taste or smell* YES / NO

*Are you waiting for a Coronavirus test result?* YES / NO

*Have you been told by the NHS Test and Trace service that you have been* YES / NO

*in contact with a person who has Coronavirus within the last 14-days?*

*Have you travelled from a destination outside the UK in the last 14 days* YES / NO

*that requires you to self-isolate?*

**If you have answered yes to any of the above questions, please do not attend any activities.**

If you think that you or a member of your family may have symptoms, visit the NHS Scotland Self Help Guide where you can request a test - <https://www.nhsinform.scot/self-help-guides/self-help-gu2ide-coronavirus-covid-19>

Do not leave the house and physically distance from others in your household if possible.

If you have symptoms you should quarantine for 10 days, whilst those who you live with should stay at home for 14 days, whilst also trying to physically distance within the home itself.

Only phone 111 if:

- your symptoms worsen during home isolation, especially if you're in a high or extremely high-risk group.
- breathlessness develops or worsens, particularly if you're in a high or extremely high-risk group.
- your symptoms haven't improved in 7 days.