

Personal Risk Assessment

For Designated Support
Persons/Approved Visitors

We ask that all designated support persons/visitors complete a self-assessment of the risk of unknown exposure to COVID-19 using the following criteria. Please consider the impact of your assessed risk on our residents/clients, and take the appropriate precautions to keep them safe. This may include visiting at an alternate time.

You are **LOW** risk for unknown exposure to COVID-19 if you do all of the following:

- Do not work or live in an area of high COVID-19 exposure (area classified by the province as 'Watch' or 'Enhanced')
- Work from home
- Part of a small cohort (15 or less) who consistently practice physical distancing and wearing of masks
- Have not had any guests in your home in the past 14 days
- Are only visiting resident(s) at one site per day
- Make essential outings only
- Use your own vehicle
- Consistently maintain 2 meters of distance from others when outside the home, or wear a mask when distancing cannot be maintained
- Consistent hand hygiene
- Have not left the province within the last 14 days

You are **MEDIUM** risk if you feel that you are between the extremes of high and low risk, and request that you use your best judgement to determine your personal risk where neither low nor high is appropriate.

You are **HIGH** risk for unknown exposure to COVID-19 if any one or more of the following are met:

- Work or live in an area of high COVID-19 exposure (area classified by the province as 'Watch' or 'Enhanced')
- Work outside the home where distancing is not consistently maintained and masking is not consistently used
- Worked at or visited a location with a declared COVID-19 outbreak in the last 14 days
- Part of a large cohort (more than 15)
- Cohort inconsistently practices physical distancing and use of masks when distance cannot be maintained
- Have had a guest in your home in the past 14 days
- Visiting resident(s) at one site per day
- Outings where contact with others outside your household is likely
- Use public transit or carpooling where distancing is not consistently maintained or masking consistently used
- Do not maintain physical distancing or mask wearing
- Infrequent or inconsistent hand hygiene
- Have left the province within the last 14 days