



# COLUMBUS PREMIER SOCCER LEAGUE

## COVID-19 Self-Assessment

Every participant is required to conduct a self-assessment for any signs of illness or COVID-19 symptoms prior to participating in any Columbus Premier Soccer League activity, regardless of vaccination or testing status.

Our goal is for our league to be as safe as possible, not just for our participants but also for our greater community at-large. Vaccines offer the best protection against severe illness and death from COVID-19. We encourage all eligible people to get vaccinated as soon as possible.

If you are ill, experiencing any of the symptoms listed below or have a temperature higher than 100.4°F (38°C), **DO NOT COME TO THE PLAYING VENUE.** You are encouraged to contact your healthcare professional for advice on whether you should be tested for COVID-19.

### SEVERE SYMPTOMS

YES

NO

*If you are experiencing any of these severe symptoms call 911 immediately.*

Are you struggling to breathe or fighting for breath even while inactive or when resting?

Do you feel as though you might collapse every time you stand or sit up?

### SYMPTOMS

Chills

Cough (new or worsening)

Shortness of breath or difficulty breathing

Sore throat

Difficulty swallowing

Confusion

Sneezing (not allergy related)

Runny nose/congestion (not allergy related)

Headache

Muscle or body aches

Digestive issues (nausea, diarrhea)

Loss of taste or smell

Loss of consciousness

*If any symptoms become more severe (for example high fever or difficulty breathing) seek immediate medical care.*

### EXPOSURE ASSESSMENT

Have you travelled outside of the country in the last 14 days?

Has someone in your household travelled outside of country in the past 14 days?

In the last 14 days, have you had prolonged or close contact with someone that has or may have COVID-19 or who has been diagnosed with or tested positive for COVID-19?

In the last 14 days have you cared for someone who has been diagnosed with COVID-19 or has COVID-19 symptoms.

In the last 14 days I have been contacted by a public health or healthcare professional about possible exposure to COVID-19.

**If your answer is YES to ANY of the above, you are not allowed to participate today, and you are encouraged to contact your healthcare professional for advice on whether you should be tested for COVID-19.**