

# Personal Assessment for COVID-19 Risk

The safety of our patients and of our team members is a top priority. Please review these questions before your scheduled appointment.

**Travel history:** In the last 14 days, have you travelled to, or been in close contact with someone who has traveled to any of the following countries:

- China
- Iran
- Most European Countries
- United Kingdom and Ireland
- NO, I have NOT been to any of these places recently, nor have I been in close contact with anyone who has been.

**Large Events:** in the last 14 days, have you been at a large gathering of more than 50 people?

- Yes, I have been to a large gathering of people that I don't know
- No, I have not

**Medical history:** Do any of the following apply to you?

- I am over 65, or I am a caretaker for someone over 65
- I have had a cough, fever or shortness of breath in the last 14 days
- I have chronic respiratory disease or heart disease
- I have diabetes
- I am immunocompromised, or take medications to suppress my immune system such as prednisone
- NO, I do not have any of the above medical conditions, and I am under 65 years old.

**Recent symptoms:** have you experienced any of the following in the past two weeks?

- Fever
- Cough
- Shortness of Breath or difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or difficulty waking
- Bluish lips or face

If you checked ANY of the checkboxes, you may be at elevated risk for COVID 19 infection. Please speak with a team member or call 925.939.3652 to reschedule your appointment. We will not charge or penalize any cancellations if COVID-19 risk is a concern. We still ask for as much notice as possible.