

## COVID-19 HEALTH DECLARATION – MODIFIED NETBALL ACTIVITY

The purpose of the questionnaire is to screen for possible symptoms of Covid-19 infection.

Our aim is to promote and maintain the health & safety of all our Netball family. Please help us by answering the questions honestly and accurately.

Today or at any point in the last 7 days have you had:

Symptom	Yes	No
A fever? This means you feel hot to touch on your chest or back (you do not need to measure your temperature)		
A new, continuous cough? This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)		
Any loss or change to your sense of taste or smell? This means you've noticed you cannot smell or taste anything, or things smell or taste different to normal		
Has any member of your household or someone that you have been in contact with reported any of the above symptoms in the last 14 days?		
Has any member of your household or someone that you have been in contact with tested positive for Covid-19 in the last 14 days?		
Have you been notified by the NHS test and trace system that you are a close contact of someone with known Covid-19 infection in the last 14 days?		
Have you arrived in the UK from a country with a high coronavirus risk in the last 10 days?		

Get a test as soon as possible if you have any symptoms of coronavirus.

Self-isolate immediately if:

- You, or someone you live with, have any symptoms of coronavirus
- You, or someone you live with, has tested positive for coronavirus
- Someone in your support bubble has symptoms or has tested positive and you've been in close contact with them since their symptoms started or during the 48 hours before they started
- You've been told you've been in contact with someone who tested positive
- You've arrived in the UK from a country with a high coronavirus risk.

Further information can be found here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>