



Sioux Lookout
First Nations
Health Authority

Radio Show: Self-monitoring and screening for COVID-19

Updated: April 2021

Hello and welcome to today's broadcast. This is _____.

Today, we are going to talk about self-monitoring and screening for COVID-19.

We will start with a review of self-monitoring.

Self-monitoring is when we check ourselves for any symptoms of COVID-19.

This is an important action to help slow the spread of the virus.

As we know, it can take several days for people to develop symptoms. The sooner someone recognizes their symptoms, the sooner they can isolate themselves and get support.

There are a few common symptoms that you should look out for.

- Fever.
- New or worsening cough. Usually, the cough will be dry.
- Shortness of breath or difficulty breathing.

People can also have a sore throat, runny nose, and a headache. They can lose their sense of taste or smell and have difficulty swallowing. Some people feel unusually tired or nauseous. And some people will vomit, have diarrhea, stomach pain, a skin rash, or pink eye.

You may be asked to self-monitor for different reasons. You may be asked to self-monitor if you have recently travelled outside the community. You may be asked to self-monitor if you have been named as a close contact of someone who has COVID-19. You can also be asked to self-monitor as you wait for your COVID-19 test results.

If you do develop symptoms while you are self-monitoring, stay home. Then contact your nursing station or health care provider.



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Now let's talk about screening for COVID-19.

Screening is about checking our risk. When we screen, we make sure that we are well enough and have been safe enough to go out places or do things.

Many places have created their own screening tools. You may have seen one or used one. Different schools and workplaces use these tools. They have questions about how you are feeling, your travel history, and who you have been around.

Let's practice self-screening together.

Some screening tools begin by asking about your travel history.

Ask yourself: Have you or anyone you live with travelled outside of Canada in the last 14 days?

You then may have a question about staying at home.

Ask yourself: Has a doctor, health care provider, or public health unit told you to isolate at home?

Another question will ask about your social contacts.

Ask yourself: In the last 14 days, have you been named as a close contact of someone who currently has COVID-19?

And one question will ask about how you are feeling.

Ask yourself: Are you experiencing any of the following symptoms?

- Fever and/or chills
- New or worsening cough
- Shortness of breath or difficulty breathing
- Feeling unexpectedly tired
- Decrease or loss of taste or smell
- Sore throat
- Difficulty swallowing
- Runny or stuffy nose
- Unexplained muscle or body aches



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- Headache
- Pink eye
- Nausea, vomiting, diarrhea, or stomach aches

If you answer 'no' to all the screening questions, then you are good to go.

If you answered 'yes' to any of the questions, you should stay at home. Then contact your nursing station or healthcare provider for more information.

Screening is something we should do regularly. This will help us limit the spread of COVID-19.

As you practice screening, it will become a familiar habit. Something that you can feel proud about as you work to keep your community safe.

Another thing you can feel good about is choosing to get the COVID-19 vaccine. When you get vaccinated against COVID-19, you are protecting yourself and your community. If you haven't had your first dose yet, it's not too late. Talk to your health care provider or a member of your community pandemic response team.

Reach out to a member of your community pandemic response team if you have questions about self-monitoring or screening. You can find more resources on the SLFNHA website. The address is www.slnha.com/covid/.

Miigwetch and take care everyone.