

## **Pre-activity Health Questionnaire**

1. Within the last 14 days, have you experienced a new and persistent cough?
2. Within the last 14 days, have you experienced new shortness of breath that you cannot attribute to another health condition?
3. Within the last 14 days, have you experienced a new loss of taste or smell?
4. Within the last 14 days, have you had close contact with someone who is or was sick with suspected or confirmed Covid-19 (NOTE: close contact is defined as within 6 feet for more than 10 consecutive minutes)
5. Within the last 14 days, have you or a household member been isolating?

**If you answer yes to any of the above questions, please do not attend a Newmarket Joggers training session.**