

# Vitality Health Check

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To ensure everyone's health and safety, we will be contacting members to ask important COVID-19 pre-screening questions the day before a Vitality Health Check appointment.

## Questions that will be asked during your pre-screening call:

### In the last 14 days:

1. Have you or any close contacts been tested for COVID-19?
2. Are you or any close contacts awaiting COVID-19 test results?
3. Have you or any close contacts recently travelled to an area of high-risk for COVID-19?
4. Have you or any of your close contacts experienced any of these symptoms?
  - Fever
  - Sore throat
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Muscle or joint pains
  - Headache
  - Diarrhea
  - Loss of taste or smell
5. Have you or a close contact been advised to self-quarantine?

### Confirmed case definition:

**A confirmed case** is a person with laboratory confirmation of infection with the COVID-19 virus, irrespective of clinical signs and symptoms. Symptomatic cases are considered infectious from 2 days before symptom onset to 14 days after symptom onset.

**A suspected COVID-19** case includes any person presenting with an acute (equal or less than 14 days) respiratory tract infection or other clinical illness compatible with COVID-19 or an asymptomatic person who is a close contact to a confirmed case.

A close contact is defined by the NICD as:

- A person having face-to face contact (less than 1 meter) or having been in a closed space with a confirmed COVID-19 case for at least 15 minutes. This includes, amongst others:
- All persons living in the same household as a COVID-19 case and people working closely in the same environment as a case.
- Healthcare workers or other people providing direct care for a COVID-19 case while not wearing recommended PPE
- A contact in an aircraft sitting two seats (in any direction) of the case, travel companions or persons providing care and crew members serving in the section of the aircraft where the case was seated.