



## SELF ASSESSMENT TOOL

Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling Confused
- Losing Consciousness

No Yes

Are you experiencing any of the following:

- Mild to moderate shortness of breath at rest
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

No Yes

Are you experiencing any of the following:

- Fever
- New onset or worsening Cough
- Sneezing
- Sore throat

No Yes

