



Contractor Health Declaration Form / COVID-19

Read this statement prior to signing it. Once signed, the Supervisor of the worksite must take a photo or scan and send a copy of this completed declaration form to the MRU Project Manager and the EH&S department (ehs@mtroyal.ca). The purpose of this declaration form is to ensure that you are medically fit to work on the MRU worksite. By signing this form, you acknowledge that you are fit to work. If you are not sure of the questions asked below, DO NOT sign this form, and let your supervisor know. A request may be made that you consult a physician prior to participating in work activities at an MRU worksite.

Within the last 14 days immediately preceding the date of this Health Declaration Form, did you return from travel outside of Canada or did you have close contact with someone who is confirmed as having COVID-19?

*Close contact is defined as:

- providing care for an infected person without consistent or appropriate use of personal protective equipment
- lived with or otherwise had prolonged contact within 2 metres of a person while they were infectious
- had direct contact with infectious bodily fluids of the person (e.g was coughed or sneezed on) while not wearing recommended personal protective equipment.

Are you experiencing any of the following?

- Difficulty breathing or shortness of breath
- Severe chest pain
- Confusion or lost consciousness
- Chronic health conditions that you are having trouble managing because of your current respiratory illness
- Fever
- New onset of cough or worsening of chronic cough
- Sore throat or painful swallowing
- Stuffy or runny nose that cannot be explained by chronic conditions (e.g. allergies)
- Chills
- Headache
- Muscle or joint ache
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting, diarrhea or unexplained loss of appetite
- Loss of sense of smell or taste
- Conjunctivitis (pink eye)

****Supervisor/Crew Lead** - Write the names of your employees who have answered 'NO' to the questions above to acknowledge that your employee crew is free of illness and are fit to work on the MRU worksite.**
