

QUESTIONNAIRE

Can I Attend My Physio Appointment?

If you answer Yes to all of the questions below then please come along to your appointment. We would be very happy to see you.

If you answer No to any of these questions then please postpone your appointment as detailed below.

Key symptoms of COVID-19:

- New onset cough either productive or dry
- High temperature. The temperature being defined as $\geq 37.8^{\circ}\text{C}$. If you don't have a means of testing your temperature but have felt warm/hot then assume you have had a temperature.
- Shortness of breath/heavy sensation to the chest
- Headache
- Sore throat
- Joint and muscle aches
- Loss of taste and/or smell
- Nasal symptoms
- Diarrhoea

The government message around the symptoms of COVID-19 has been kept simple to avoid confusion. As time has passed further symptoms have become apparent. See [here](#) for further details.

This form is interactive so you can easily fill it in on your phone/tablet/computer. In the name/address/number fields press with your finger or mouse to fill in your details. Simply press the 'check' box's for 'yes' or 'no'.

Name:

Address:

Contact Number:

I can confirm that I do not meet the criteria for being a shielded patient as per the government advice found [here](#).

Yes No

I can confirm that I do not meet the criteria for being 'clinically vulnerable' as per section 8 of the government guideline found [here](#).

Yes No

I have not had any Covid-19 symptoms in the last 7 days. Yes No

It has been 7 days since the start of my COVID-19 symptoms. I have had no fever since day 8 and I feel well. I continue to have some residual symptoms e.g. a cough/loss of smell Yes No
N/A

My household contacts have all been well in the last 14 days. Yes No
N/A

The questionnaire is based on the government 'Safe at Home Guidance' which can be found [here](#).

If you Answered 'No'

COVID-19 Symptoms of Recent Onset

If you have current symptoms of COVID-19 or develop them after completion of this questionnaire, please postpone your appointment. Once you feel well again with no temperature, provided 7 days have passed since the onset of your symptoms, you no longer need to self-isolate.

Shielded and Vulnerable Patients

If you meet the criteria for being shielded, then we would not want to risk your health by you coming to see us. We would be very happy to offer you a video-based consultation. If you meet the criteria for being a vulnerable patient, then we would ask that you strongly consider whether your appointment with us is needed on a face to face basis. We are making every attempt to reduce the risk to your health as much as possible but a risk will nevertheless remain. This risk could be related to factors out of your control such as any exposure to the virus on your journey in to see us.

My household contact has been unwell in the last 14 days

If a household contact becomes unwell then you need to isolate in your accommodation for 14 days. The 14-day period starts when your co-inhabitant's symptoms started.

At the end of this 14-day period if you remained symptom free you stop isolating. If you develop symptoms at any time during this 14-day period you need to self-isolate for 7 days. If at the end of this 7 days, you feel well and have no temperature you can stop isolating.

The UK has moved to a test and trace approach to manage the COVID-19 outbreak as of the 28th May 2020. This means that if you have symptoms you are encouraged to get tested for the virus. Please see the link on how to arrange testing:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-for-coronavirus/ask-for-a-test-to-check-if-you-have-coronavirus/>