

Self-Screening at Home

Before coming to the Ventura Yacht Club please complete this symptom check list:

- Fever or chills – take your temperature before leaving home.
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Have you or someone you live with been diagnosed with COVID-19?

If you have a fever or any of these symptoms on a persistent basis you might have COVID-19. **Please do not come to the Ventura Yacht Club.**