

# Ansteorra Health Screening Questionnaire

Prior to being a spectator at or participating in martial activities within the Kingdom of Ansteorra, all individuals must answer the following questions:

- **Have you been experiencing any of the following?**
  - Fever of 100.4°F/38°C or greater
  - Persistent cough without seasonal allergy symptoms (e.g. itchy eyes)
  
- **Have you been experiencing any of the following in a way that is not normal for you?**
  - Shaking or exaggerated shivering
  - Headache
  - Shortness of breath or difficulty breathing
  - Significant muscle aches or pains
  - Sore throat without seasonal allergy symptoms (e.g. itchy eyes)
  - A change in the way things taste or smell
  - Vomiting or diarrhea
  
- **In the last 14 days, have you?**
  - Cared for or had close contact with someone diagnosed with COVID-19?
  - Visited any COVID-19 restricted entry country?<sup>1</sup> (Locations may change)
    - China**
    - Iran**
    - European Schengen area** (Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City)
    - United Kingdom** (England, Scotland, Wales, Northern Ireland)
    - Republic of Ireland**
    - Brazil**

**If you answered yes to any of the above, you are disallowed from SCA martial activities within the Kingdom of Ansteorra.**

The CDC recommends that you self-isolate, monitor symptoms, and be in contact with your healthcare provider on the proper course of actions.

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<sup>1</sup> Individuals who have entered the US from one of these countries is recommended to self-isolate and monitor for 14 days by the CDC.