

Run Away Events COVID-19 Screening Questions

Instructions:

1. Please take your temperature before coming to the race. If it is over 100.4 or if it has been over 100.4 degrees Fahrenheit at some point in the past 10 days, please do not attend the event. This must be without the use of fever-reducing medication.

2. **Do you have any of the following?**

Fever or chills

- If you have symptoms of acute respiratory illness please contact X and stay home until you are free of fever (100.4° F [38.0° C] or greater using an oral thermometer), and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).

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 contact with someone diagnosed with COVID-19?

If you have one or more symptom(s) that may be related to COVID-19 stay home and take care of yourself.