



## **APPENDIX A – KNOW THE SYMPTOMS OF COVID-19**

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It is important that all coaches and athletes participating in Leaside Volleyball Club's Outdoor Volleyball Programs recognize the most common symptoms of COVID-19<sup>iii</sup>:

- a) fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius or higher)
- b) chills
- c) cough that's new or worsening (continuous, more than usual)
- d) barking cough, making a whistling noise when breathing (croup)
- e) shortness of breath (out of breath, unable to breathe deeply)
- f) sore throat
- g) difficulty swallowing
- h) runny, stuffy or congested nose (not related to seasonal allergies or other known causes or conditions)
- i) lost sense of taste or smell
- j) pink eye (conjunctivitis)
- k) headache that's unusual or long lasting
- l) digestive issues (nausea/vomiting, diarrhea, stomach pain)
- m) muscle aches
- n) extreme tiredness that is unusual (fatigue, lack of energy)
- o) falling down often
- p) for young children and infants: sluggishness or lack of appetite