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KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

SELF-MONITORING	SELF-ISOLATION	ISOLATION
<p>You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days 	<p>You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19 	<p>You have:</p> <ul style="list-style-type: none"> symptoms, even if mild <p>AND</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
<p>SELF-MONITOR means to:</p> <ul style="list-style-type: none"> monitor yourself for 14 days for one or more symptoms of COVID-19 go about your day but avoid crowded places and increase your personal space from others, whenever possible 	<p>SELF-ISOLATE means to:</p> <ul style="list-style-type: none"> stay at home and monitor yourself for symptoms, even if mild, for 14 days avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic 	<p>To be ISOLATED means to:</p> <ul style="list-style-type: none"> stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
<p>You need to self-monitor if:</p> <ul style="list-style-type: none"> you have reason to believe you have been exposed to a person with COVID-19 <p>OR</p> <ul style="list-style-type: none"> you are in close contact with older adults or medically vulnerable people <p>OR</p> <ul style="list-style-type: none"> you have been advised to self-monitor for any other reason by your Public Health Authority 	<p>Self-isolate if:</p> <ul style="list-style-type: none"> you have travelled outside of Canada within the last 14 days <p>OR</p> <ul style="list-style-type: none"> your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19 	<p>You need to isolate if:</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 <p>OR</p> <ul style="list-style-type: none"> you are waiting to hear the results of a laboratory test for COVID-19 <p>OR</p> <ul style="list-style-type: none"> you have been advised to isolate at home for any other reason by your Public Health Authority
<p>If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible</p>	<p>If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible</p>	<p>If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions</p>

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

ISO-10993-19

Complete Self-Assessment Guide

PRACTICAL TIPS FOR SELF-ASSESSMENT

Review your design, materials, process and process control before you start production.

Include risk-based testing plans in your design and process control documents.

Use the Self-Assessment tool to assess the quality of your design and process control.

For more information, visit the ISO 10993-19 website.

Management accounting

COMPLETE SELF-ASSESSMENT GUIDE



PRACTICAL TOOLS FOR SELF-ASSESSMENT

Diagnose projects, initiatives, organizations, businesses and processes using accepted diagnostic standards and practices

Implement evidence-based best practice strategies aligned with overall goals

Integrate recent advances and process design strategies into practice according to best practice guidelines

Use the Self-Assessment tool Scorecard and develop a clear picture of which areas need attention

The Art of Service

Customer Survey

Complete Self-Assessment Guide



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The Art of Service



DAILY HEALTH SELF-ASSESSMENT FOR THE NEO CAMPUS COMMUNITY

All students and employees are requested to complete a daily health self-assessment due to the highly infectious nature of COVID-19. This self-assessment should be completed each day before arriving on campus for class or work. However, this self-assessment does not take the place of meeting with your health care provider to diagnose or treat health conditions. Students and faculty should also adhere to the most current information released through local and state health agencies.

This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC).

EXPOSURE Have you been within six feet or had direct contact for more than 15 minutes with a lab-confined case of COVID-19 in the past 14 days?

YES NO

If you answered "YES," contact your health care provider to see if a COVID-19 test is appropriate, do not come to campus unless otherwise directed by your health care provider. Employees should contact their supervisor.

SYMPTOMS Do you have any of the following symptoms which are not related to pre-existing conditions or seasonal allergies?

Fever (Please check your temperature daily before coming to campus. (Temperatures should be less than 100.4°F/38°C)

New cough

New shortness of breath or difficulty breathing

New chills

New muscle aches

Sore throat

Abnormal headache

Diarrhea

Loss of taste or smell

If you have any of these symptoms, speak to your health care professional for guidance on whether you should be tested for COVID-19. **DO NOT COME TO CAMPUS** until receiving clearance from your health care provider every 10 days after symptoms began with at least 72 hours fever-free without the use of fever-reducing medications. Employees should contact their supervisor. Note: these restrictions do not apply for those with pre-existing conditions, such as seasonal allergies, for which the causes are known and non-contagious.

SEVERE SYMPTOMS Are you struggling to breathe or fighting for breath even while inactive or when resting?

YES NO

Do you feel as though you might collapse when you stand or sit up?

YES NO

If you have any of these severe symptoms, Call 911, **DO NOT COME TO CAMPUS.**

PLEASE NOTE:

If you are in an emergency situation, call 911 or your local emergency number. Employees should not attempt personal medical history with their supervisor. Call or supervisor via e-mail from the employee will be not work. More information can be found by contacting HR at 910-740-2121.

to support organizational decision making and innovation? What resources, skills and characteristics mark a good IBM Docs project manager? What are the requirements for the performance of an organization if all stakeholders are not consulted regarding IBM Docs? Who are the people involved in developing and implementing IBM Docs? What new services of functionality will be implemented next with IBM Docs ? This easy IBM Docs self-assessment will make you the dependable IBM Docs domain specialist by revealing just what you need to know to be fluent and ready for any IBM Docs challenge. How do I reduce the effort in the IBM Docs work to be done to get problems solved? How can I ensure that plans of action include every IBM Docs task and that every IBM Docs outcome is in place? How will I save time investigating strategic and tactical options and ensuring IBM Docs costs are low? How can I deliver tailored IBM Docs advice instantly with structured going-forward plans? There's no better guide through these mind-expanding questions than acclaimed best-selling author Gerard Blokdyk. Blokdyk ensures all IBM Docs essentials are covered, from every angle: the IBM Docs self-assessment shows succinctly and clearly that what needs to be clarified to organize the required activities and processes so that IBM Docs outcomes are achieved. Contains extensive criteria grounded in past and current successful projects and activities by experienced IBM Docs practitioners. Their mastery, combined with the easy elegance of the self-assessment, provides its superior value to you in knowing how to ensure the outcome of any efforts in IBM Docs are maximized with professional results. Your purchase includes access details to the IBM Docs self-assessment dashboard download which gives you your dynamically prioritized projects-ready tool and shows you exactly what to do next. Your exclusive instant access details can be found in your book. One of the many perks of forming a limited company is the chance to be your own boss and take more control of your own career. Sounds great doesn't it? In return for the extra freedom, you'll have to do a bit more admin than you would as an umbrella contractor. One of these additional responsibilities is completing a self-assessment tax return. But what are they all about? We've created this handy self-assessment guide that tells you everything you need to know. What are my obligations? As a limited company contractor, you'll need to make sure your tax liability is correctly calculated and that any tax owed is paid on time. Your tax return will be issued shortly after the end of the tax year, which runs from 6th April to 5th April the following year. It's important to remember that you'll need to include your income from all sources, not just what you receive from your company. The deadline for filing your tax return is 31st January each year, with an automatic £100 penalty charged if it's late. How do I pay tax? Once you've calculated your tax bill for the year, you'll need to make any payments due before the deadline. If this seems like too much hassle, a specialist contractor accountant (such as ourselves) can work everything out for you and let you know when it needs to be paid. You may have to make two payments towards your next years tax liability - known as "Payments on Account." You don't need to worry about this though, if. Income Tax (and National Insurance) liability for the previous tax year is less than £1,000 in total, or More than 80% of Income Tax (and any Class 4 National Insurance) liability for the previous year was paid by deduction of tax at source - including Pay As You Earn deductions and tax credits on dividends Payments on Account are due on 31st January following the end of the tax year, and on 31st July. We appreciate all this may seem confusing, so here's a quick example to help straighten things out. Example: Sally's first year under self-assessment is 2018-19 (the year ending 5th April 2019). For this tax year, her bill totals £3,000. She made two payments on account during the previous year, consisting of £900 each (£1,800 in total). Sally must pay £2,700 in taxes by midnight on the 31st January. This is made up of: Her balancing payment of £1,200 for the 2018-19 tax year (£3,000 minus £1,800) Her first payment on account of £1,500 (half the 2018-19 tax bill) towards her 2019-20 tax bill She must pay her second payment on account of £1,500 by midnight, on 31 July 2020. If her tax bill for 2019-20 is more than £3,000 (more than both payments on account), then she must make a balancing payment by midnight on 31 January 2021. She will need to make payments as follows: Date of payment Type of payment Amount due 31st January 2020 Balancing payment for 2018-19 £1,200 31st January 2020 First Payment on Account for 2019-20 (50% of 2018-19 liability) £1,500 31st July 2019 Second Payment on Account for 2019-20 (50% of 2018-19 liability) £1,500 31st January 2021 Balancing Payment for 2019-20 (if the tax bill is greater than the two balancing payments) Remaining tax from 2019-20 If you don't manage to pay what you owe by the deadlines, you'll be charged interest until everything is settled. You'll also have to pay a 5% surcharge on any tax outstanding on 23th February, increasing to 10% if still unpaid on 31st July. An additional 5% is charged if the amount is still unpaid by the following 31st January. This is why it pays to speak to the experts. You'll also have interest added on any overpayments you make to HMRC. Can I reduce my payments on account? If you think that the current year's tax liability will be lower than the previous year's, you can lodge a claim to reduce your payments on account. Can any corrections be made to my tax return? You can amend your tax return at any time within 12 months of the filing date. Any changes may cause interest and additional tax to be charged. HMRC can correct a tax return within nine months of it being filed, to amend any obvious errors or mistakes. Can HMRC make enquiries about my tax return? If HMRC wants to conduct enquiries into your tax return, it will provide you with written notice within 12 months of the filing date. If not, the document will be final unless an error is discovered. HMRC is not able to query anything on your tax return without first starting an enquiry. It's worth knowing that this doesn't automatically mean that your return is incorrect - HMRC may just want to check that the correct amount of tax has been paid. What records will I need to keep? You'll need to keep records of any income, expenditure and reliefs you've claimed. Here's a list of some of the things you may need to send to HMRC: Details of pay and tax deducted (P60 or P45) Details of expenses and other employment benefits you receive (Form P11D) Evidence of business expenses you are claiming (e.g. receipts or credit card statements) Details of any termination payments or share options awarded or exercised Interest and other investment documentation including dividend vouchers Gift Aid vouchers Personal pension plan certificates Need more advice? We hope we've been able to shed some light on your self-assessment responsibilities. If you want a bit more information, we're here to help. At ClearSky Contractor Accounting, we understand that you won't have time in your busy WorkStyle to carry out all your administration by yourself. That's why we'll help lighten the burden and leave you free to concentrate on what you do best. Our online portal lets you submit all your information any time day or night, whenever's convenient for you. We'll prepare a calculation of the tax you owe on your behalf and submit it directly to HMRC. What's more, our dedicated team of experts is on hand to answer any queries you may have - just another example of how we're with you all the way. For more information, please call 08000 861 406 or email enquiry@clearskyaccounting.co.uk. [vc_column]

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