COVID-19 Employee Self-Assessment

If you do not have access to a computer, or mobile device, and cannot complete the UCheck Self-Assessment, we highly encourage you to complete this voluntary self-assessment daily prior to starting your day.

This assessment is not a replacement for medical advice. If you are experiencing severe symptoms or have other concerns, please seek medical attention.

You do not need to submit these self-assessment responses to the University of Toronto.

Q1. Are you currently experiencing any COVID-19 symptoms? Please see the list on the reverse.

Q2. In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?
Close physical contact means:
- Being less than 2 meters away in the same room, workspace, or area
- Living in the same home

Q3. In the last 14 days, have you been in close physical contact with someone who either:
- Is currently sick with new COVID-19 symptoms (see reverse)?
- Returned from outside of Canada in the last 2 weeks with new COVID-19 symptoms (see reverse)?

Q4. Have you travelled outside of Canada in the past 14 days?

Answered yes to any of the questions above?
If you have answered yes to any of the questions above, contact your manager, supervisor, Dean, Chair, or Academic Director prior to coming on campus. If you are able to gain access to a computer, or mobile device, we highly encourage you to use UCheck to complete your self-assessment.

You can access UCheck at
ucheck.utoronto.ca

For assistance contact Telehealth Ontario +1 866-797-0000 or your local health care practitioner.

Some groups are at higher risk of getting COVID-19. You may be in an at-risk group if you are 70 years old or older, are getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors), have a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, other autoimmune disorder), have a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition), regularly go to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment).
Symptoms of COVID-19, which is the disease caused by the 2019 novel coronavirus, range from mild — like the flu and other common respiratory infections — to severe.

The most common symptoms of COVID-19 include:

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

Call 911 if you are experiencing any of the following symptoms:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
- severe chest pain (constant tightness or crushing sensation)
- feeling confused or unsure of where you are
- losing consciousness

Complications from COVID-19 can include serious conditions, like pneumonia or kidney failure and, in some cases, death.

There is no specific treatment for COVID-19, and there is no vaccine that protects against the coronavirus that causes it. The majority of COVID-19 cases are mild and most people who get it will recover on their own.

Typical treatment for common coronaviruses includes:

- drinking plenty of fluids
- getting as much rest and sleep as possible
- using a humidifier or taking a hot shower to help with a sore throat or cough

If you start to feel symptoms of COVID-19

- go to a COVID-19 assessment centre to get tested
- stay home and self-isolate unless you are going to the assessment centre
- tell people you were in close physical contact with in the 48 hours before your symptoms began to monitor their health and to self-isolate

Only call 911 if it is an emergency.