

# COVID-19 Employee Self-Assessment



If you cannot complete the UCheck self-assessment, or choose not to use UCheck, you must complete this self-assessment daily **prior to coming to campus**. You are required to maintain a log of your assessments, as demonstrated below, for a period of 30 days. You may be asked at any time by your manager, supervisor, Dean, Chair, or Academic Director to show this log to confirm completion of your self-assessments over the preceding 30 days.

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



If you go to campus, **wear a mask**.

**Q1.** Are you currently experiencing any COVID-19 symptoms?

*Please see the list on the reverse.*

**Q2.** Is anyone you live with a symptomatic person who is sick with new COVID-19 symptoms, and/or is waiting for a test result after experiencing symptoms, and/or returned from outside of Canada in the last 2 weeks?

*If exempt from quarantine requirements (for example, an essential worker who crosses the Canada-US border regularly for work), select "No."*

**Q3.** In the last 14 days, have you travelled outside of Canada?

*If exempt from quarantine requirements (for example, an essential worker who crosses the Canada-US border regularly for work), select "No."*

**Q4.** Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

*This can be because of an outbreak or contact tracing.*

**Q5.** In the last 14 days, have you received a COVID Alert exposure notification on your phone or have you been identified as a "close contact" of someone who currently has COVID-19?

*"Close contact" as determined or identified by a public health authority or the University of Toronto Occupational Health Nurse. If you already went for a test and got a negative result, select "No."*

**If you have answered no to all of the questions above, you have a **green status** and can continue to come onsite as planned; remember to wear a mask, abide by all University posted signage, and abide by all applicable public health requirements. You must ensure that your University contact person has your up-to-date contact information prior to coming on site.**

**If you have answered yes to any of the questions above, you have a **red status**. Do not come to a University of Toronto owned or operated property. Contact your manager, supervisor, Dean, Chair, or Academic Director. You must also contact the Occupational Health Nurse at [ehs.occhealth@utoronto.ca](mailto:ehs.occhealth@utoronto.ca) to determine next steps.**

COVID-19 Screening Log		Name:
Date (DD/MM/YYYY)		Signature:

I have completed the COVID-19 health screening listed above

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](https://ucheck.utoronto.ca)**

*Last modified on March 10, 2021*

# COVID-19: Stop the Spread - Symptoms and Treatment

Downloaded from [ontario.ca/page/covid-19-stop-spread](https://ontario.ca/page/covid-19-stop-spread). Last modified on March 10, 2021.

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 and/or chills  
*Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher*
- Cough or barking cough (croup)  
*Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)*
- Shortness of breath  
*Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)*
- Sore throat  
*Not related to seasonal allergies, acid reflux, or other known causes or conditions you already have*
- Difficulty swallowing  
*Painful swallowing (not related to other known causes or conditions you already have)*
- Runny or stuffy/congested nose  
*Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have*
- Decrease or loss of taste or smell  
*Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have*
- Pink eye Conjunctivitis  
*(not related to reoccurring styes or other known causes or conditions you already have)*
- Headache  
*Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)*
- Digestive issues like nausea/vomiting, diarrhea, stomach pain  
*Not related to irritable bowel syndrome, menstrual cramps, or other known causes or conditions you already have*
- Muscle aches  
*Unusual, long-lasting (not related to a sudden injury, fibromyalgia, or other known causes or conditions you already have)*
- Extreme tiredness  
*Unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)*
- Falling down often  
*Dizziness, confusion, and/or a loss of consciousness*

## If you start to feel symptoms of COVID-19, you should:

- go to a [COVID-19 assessment centre](#) to get tested
- stay home and self-isolate unless you are going to the assessment centre
- only call 911 if it is an emergency

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).



If you are in an at-risk group, and are taking this survey for the first time and require an alternative work arrangement or potential accommodation, please contact [Health & Well-Being](#).