COVID-19 Student 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 to confirm completion of your self-assessments before entering certain facilities on campus.

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

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

Q2. Have you travelled outside of Canada in the past 14 days?
This does not include essential workers who cross the Canada-US border regularly.

Q3. Within the last 14 days, did you provide care or have close contact with a symptomatic person who is sick with new COVID-19 symptoms (like a cough, fever, or difficulty breathing), or returned from outside of Canada in the last 2 weeks with new COVID-19 symptoms (like a cough, fever, or difficulty breathing)?
Close contact is defined as having:
• Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment*; or
• Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or
• Direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment. Non-medical masks or face coverings do not meet the requirements for personal protective equipment (PPE) and are not considered as PPE in these scenarios.

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

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?
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.

For additional assistance contact Telehealth Ontario at +1 866-797-0000, or your local health care practitioner. If you are in residence, please stay in your room and contact residence staff.

Missing class time? Please note your absence on ACORN. If you would like advising assistance related to your absence, please contact your Registrar’s Office. Graduate students should contact their Graduate Coordinator or SGS Student Academic Services.

For UTM: 905-828-5255
For UTSG: 416-978-8030
For UTSC: 416 287-7065

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

Last modified on February 25, 2021

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COVID-19: Stop the Spread - Symptoms and 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 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](https://www.ontario.ca/page/covid-19-stop-spread) 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).