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 of these symptoms? Please see the list on the reverse and consider any/all that are new, worsening, and not related to other known causes or conditions you already have.

Q2. Is anyone you live with currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms?

Q3. In the last 14 days, have you travelled outside of Canada and been told to quarantine (per the federal quarantine requirements)?

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 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 public health has advised you that you do not need to self-isolate, select “No.”

Q6. In the last 10 days, have you received a COVID Alert exposure notification on your phone?

Q7. In the last 10 days, have you tested positive on a rapid antigen test or home-based self-testing kit?

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. Please stay home and contact your campus Health & Wellness or Health & Counselling Centre:

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

COVID-19 Screening Log

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<tr>
<th>Date (DD/MM/YYYY)</th>
<th>Signature</th>
<th>Name</th>
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<tbody>
<tr>
<td></td>
<td>I have completed the COVID-19 health screening listed above</td>
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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 September 15, 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)
- Decrease or loss of taste or smell
  Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have
- Muscle aches / joint pain
  Unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, a sudden injury, fibromyalgia, or other known causes or conditions you already have)
- Extreme tiredness
  Unusual, fatigue, lack of energy (not related to getting a COVID-19 vaccine in the last 48 hours, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)

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 a student in an at-risk group and are taking this survey for the first time, please contact your local health care provider or campus Health & Wellness/Health & Counseling Centre before you arrive on campus or leave your residence.