

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.



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.**

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

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.

COVID-19 Screening Log					
Date (DD/MM/YYYY)	<input type="checkbox"/>	I have completed the COVID-19 health screening listed above	Signature	Name	

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 March 10, 2021

COVID-19: Stop the Spread - Symptoms and Treatment

Downloaded from 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 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.