COVID-19 Screening for Visitors and Volunteers

The University is required to ensure that campus visitors complete a self-screening assessment before 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 a member of the University administration 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.

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. Do not come to a University of Toronto owned or operated property. Contact your host department. You must also contact the Occupational Health Nurse at ehs.occhealth@utoronto.ca to determine next steps.

<table>
<thead>
<tr>
<th>COVID-19 Screening Log</th>
<th>Name:</th>
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<tbody>
<tr>
<td>Date (DD/MM/YYYY)</td>
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<tr>
<td>I have completed the COVID-19 health screening listed above</td>
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<td>Name:</td>
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<td>Signature:</td>
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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).