

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 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?

If you are fully vaccinated (it has been 14 or more days since your final dose of either a two-dose or a one-dose vaccine series), select "No." If the person got a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, select "No."

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)?

This can be because of an outbreak or contact tracing.

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?

If you are fully vaccinated (it has been 14 or more days since your final dose of either a two-dose or a one-dose vaccine series), select "No." If you already went for a test and got a negative result, select "No."

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

If you have since tested negative on a lab-based PCR test, 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 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

COVID-19: Stop the Spread - Symptoms and Treatment

Downloaded from ontario.ca/page/covid-19-stop-spread. Last modified on September 20, 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 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](#).