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 (see COVID-19 Screening Log, page 3) 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. You may also be required to show a green status before entering any University-owned or operated premises.

Compliing this form does not replace the requirement to upload proof of being fully vaccinated* in the UCheck web portal at ucheck.utoronto.ca. By completing this form you are confirming that you have either uploaded proof of being fully vaccinated* in the UCheck web portal, or that you are in receipt of a University-approved exemption, or University-approved time-limited exemption.

Q1. In the last 5 days, have you experienced any of these symptoms that are new, worsening and not related to other known causes of conditions you already have?
See Page 2 for the list of symptoms. Select “No” if you have already completed your isolation period of 5 days, and:
• you don't have a fever and
• your symptoms have been improving for over 24 hours
  (48 hours if you have nausea, vomiting, and/or diarrhea)

Q2. Do any of the following apply?
• You live with someone who is currently isolating because of a positive COVID-19 test
• You live with someone who is currently isolating because of COVID-19 symptoms
• You live with someone who is waiting for COVID-19 test results
Select “No” if you completed your isolation after testing positive in the last 90 days
(using a rapid antigen, rapid molecular, or PCR test).

Q3. In the last 14 days, have you travelled outside of Canada and been told to quarantine per the federal quarantine requirements? Note: if you have travelled but have received an exemption from the travel quarantine requirements (eg. fully vaccinated etc.), 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 past 5 days, have you been identified as a "close contact" of someone who currently has COVID-19 or has symptoms of COVID-19? “Close contact” as determined or identified by a public health authority or the University of Toronto Occupational Health Nurse.
Select “No” if any of the following apply:
• You are fully vaccinated, not immunocompromised, and you do not live with the person who has COVID-19
• You completed your isolation after testing positive in the last 90 days (using a rapid antigen, rapid molecular, or PCR test)

Q6. In the last 5 days, have you tested positive for COVID-19? This includes a positive COVID-19 test result on a lab-based PCR test, rapid molecular test, rapid antigen test, or home-based self-testing kit. Select “No” if you have already completed your isolation period of 5 days.

If you have answered no to the numbered questions, you have a green status and may come onsite as planned. Ensure that your University contact person has your up-to-date contact information before coming on site. Remember to wear a mask and abide by all University-posted signage and applicable public health requirements.

If you responded Yes to any of the questions above, you may have symptoms of COVID-19, or may have been exposed to COVID-19. You should not come to campus as planned. If necessary, based on the nature of your work, you should immediately contact your Manager, Supervisor, Dean, Chair, or Academic Director to discuss next steps and to manage supports for teaching, research or work on site.

Please note, this self-assessment does not confirm a diagnosis of COVID-19. Please proceed by following the recommendations on page two.
COVID-19: Stop the Spread - Symptoms and Treatment

The symptoms listed here are the most commonly associated with COVID-19. Are you currently experiencing any of these symptoms?

- **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 and/or flu shot 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 and/or flu shot in the last 48 hours, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)

- **Sore throat**
  Painful or difficulty swallowing (not related to post-nasal drip, acid reflux, or 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

- **Headache**
  New, unusual, long-lasting (not related to getting a COVID-19 vaccine and/or flu shot in the last 48 hours, tension-type headaches, chronic migraines, or other known causes or conditions you already have)

- **Nausea, vomiting and/or diarrhea**
  Not related to irritable bowel syndrome, anxiety, menstrual cramps, medication side effects, 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](https://www.ontario.ca/page/visit-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
- Everyone with symptoms of COVID-19 (e.g., fever, cough, difficulty breathing, etc.) should stay home, not attend campus, and self-isolate.
- For further direction and to find your local assessment centre please refer to the Ontario Ministry of Health’s COVID-19 webpage.
  - If you are experiencing severe symptoms call 9-1-1, immediately; otherwise get tested for COVID-19
  - You may wish to contact Telehealth Ontario +1 866-797-0000, or your health care practitioner.

You may also be contacted directly by the University’s Health & Well Being and/or Occupational Health & Safety team to ensure you are supported in receiving any necessary accommodations, benefits access, or health care.

**Follow regional health guidance**

Please contact ehs.occhealth@utoronto.ca immediately if:

- You or someone in your household have symptoms of COVID-19; or
- You are asymptomatic and suspect you have been exposed to COVID-19 or have been exposed to someone with symptoms of COVID-19; or
- You have tested positive on a rapid antigen testing kit and/or PCR test; or
- You have been advised by a public health authority that you have tested positive for COVID-19.

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).
### COVID-19 Screening Log

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I have completed the COVID-19 health screening listed above.

Completing this form does not replace the requirement to complete the UCheck Vaccine Declaration in the UCheck web portal if you are an employee or student and have access to UCheck. By completing this form you are confirming that you do not have access to the UCheck web portal at ucheck.utoronto.ca.