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? See page two.
Any/all that are new, worsening, and not related to other known causes or conditions you already have.

Q2. In the last 10 days, has someone in your household experienced any COVID-19 symptoms and/or tested positive for COVID-19 (on a rapid antigen test or PCR test)? 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? Note: if you have travelled but have received an exemption from the travel quarantine requirements (eg. fully vaccinated etc.), select “No.”

Q4. In the last 10 days, have you been identified as a "close contact" of someone who currently has COVID-19 (confirmed by a PCR or rapid antigen test)? “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 (for example, you are fully vaccinated or for another reason), select “No.”

Q5. In the last 10 days, have you received a COVID Alert exposure notification on your cell phone?

Q6. 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.”

Completing 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.

If you have answered no to all the questions, 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

*Fully vaccinated means 14 days following the recommended number of doses of a Health Canada-approved vaccine or 14 days after completing a Health Canada recommended vaccination schedule for those who received non-Health Canada-approved vaccines.
COVID-19: Stop the Spread - Symptoms and Treatment

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

This assessment is not a replacement for medical advice. If you are experiencing severe symptoms or have other concerns, please seek medical attention. Downloaded from ontario.ca/page/covid-19-stop-spread. 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 symptoms listed here are the most commonly associated with COVID-19. Are you currently experiencing any of these symptoms?

- Anyone who is sick or has any symptoms of illness, including those not listed below, should stay home and seek assessment from their health care provider if needed.
- **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 sense 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 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).

Recommendation for Students

• Everyone with symptoms of COVID-19 (e.g., fever, cough, difficulty breathing, etc) should stay home, not attend campus, classes or work, and self-isolate. If you are living in residence, self-isolate in your room and immediately contact residence staff for further direction and assistance.
• 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 also contact Telehealth Ontario +1 866-797-0000, or your health care practitioner.
• If you are experiencing COVID-19 symptoms, please contact your Campus Health and Wellness or Health and Counselling Centre:
  **St. George:** 416-978-8030
  UTSC: 416-287-7065
  **UTM:** 905-828-5255

Follow regional health guidance

• See the Ontario Ministry of Health’s COVID-19 webpage.