

COVID-19 Student Self-Assessment



UNIVERSITY OF
TORONTO

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. 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 go to campus,
wear a mask.

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, and/or
- 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 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

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](#) 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 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

- If you have been advised by a public health authority that you have tested positive for COVID-19, **please contact ehs.occhealth@utoronto.ca immediately.**
- You may also be contacted directly by the University to ensure that you are supported at this time.
- **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.

Follow regional health guidance

- See the [Ontario Ministry of Health's COVID-19 webpage](#). 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

Name:

Date (DD/MM/YYYY)



Signature:

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

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

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

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

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

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