COVID-19 Screening for Instructors and Learners at the School of Continuing Studies

U of T requires all individuals attending University premises to be fully vaccinated against COVID-19.

☐ I agree that I am fully vaccinated before attending University premises, unless I am unable for medical reasons or for grounds protected under the Ontario Human Right Code, and will provide proof of vaccination status if requested.

☐ If I am not vaccinated for such reasons, I agree to submit a negative COVID-19 PCR test or third-party rapid antigen testing within 72 hours (or as per local public health) prior to attending University premises and will provide proof of this negative test while attending University premises, if requested.

All individuals must complete a self-screening assessment before coming to campus.
You are required to maintain a log of your assessments 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.

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 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.

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 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 and the Occupational Health Nurse at ehs.occhealth@utoronto.ca to determine next steps.

‘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.

Given the changing nature of the pandemic, if the applicable public health authorities announce a different meaning of fully vaccinated, that definition will take precedence.

Visitors do not include children under 12 years of age until such time as they are able to be vaccinated.
COVID-19 Symptoms and Treatment

- 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

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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](https://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?
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).