

# 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.

**Q1.** Are you currently experiencing any COVID-19 symptoms? **Please see the list on the reverse.**

**Q2.** Within the last 14 days did you **provide care** or have **close contact** with a symptomatic person with new COVID-19 symptoms, or who returned from outside of Canada in the last 2 weeks with new COVID-19 symptoms?

A close contact is defined as a person who:

- Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment\*; or
- Lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious; or
- Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

\*Non-medical masks or face coverings do not meet the requirements for personal protective equipment (PPE) and are not considered as PPE in these scenarios.

**Q3.** In the last 14 days, have you been in close physical contact with someone who tested positive for COVID-19?

**Q4.** Have you travelled outside of Canada in the past 14 days?

If you have answered no to all of the questions above, you have a **green status** and can continue to come onsite as planned.

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](mailto: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](https://ucheck.utoronto.ca)

# COVID-19: Stop the Spread - Symptoms and Treatment

Downloaded from [ontario.ca/page/covid-19-stop-spread](https://ontario.ca/page/covid-19-stop-spread). Last modified on October 22, 2020.

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 (feeling hot to the touch, a temperature of 37.8 degrees Celsius or higher)
- chills
- cough that's new or worsening (continuous, more than usual)
- barking cough, making a whistling noise when breathing (croup)
- shortness of breath (out of breath, unable to breathe deeply)
- sore throat
- difficulty swallowing
- runny, stuffy or congested nose (not related to seasonal allergies or other known causes or conditions)
- lost sense of taste or smell
- pink eye (conjunctivitis)
- headache that's unusual or long lasting
- digestive issues (nausea/vomiting, diarrhea, stomach pain)
- muscle aches
- extreme tiredness that is unusual (fatigue, lack of energy)
- falling down often

## 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).

## Call 911 if you are experiencing any of the following symptoms:

- severe difficulty breathing (struggling for each breath, can only speak in single words)
- severe chest pain (constant tightness or crushing sensation)
- feeling confused or unsure of where you are
- losing consciousness

Complications from COVID-19 can include serious conditions, like pneumonia or kidney failure and, in some cases, death.

There is no specific treatment for COVID-19, and there is no vaccine that protects against the coronavirus that causes it. The majority of COVID-19 cases are mild and most people who get it will recover on their own.

Typical treatment for common coronaviruses includes:

- drinking plenty of fluids
- getting as much rest and sleep as possible
- using a humidifier or taking a hot shower to help with a sore throat or cough



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](#).