

# 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 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.**

**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

**If you are in residence, please stay in your room and contact residence staff.** For additional assistance contact Telehealth Ontario+1 866-797-0000, or your local health care practitioner.

**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.

COVID-19 Screening Log				
Date (DD/MM/YYYY)			Signature	Name
		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 a student in an at-risk group and are taking this survey for the first time, please contact your local health care provider or campus Health & Wellness/Health & Counseling Centre before you arrive on campus or leave your residence.