DAILY COVID-19 SELF-ASSESSMENT

IF YOU ANSWER YES TO ANY OF THE FOLLOWING QUESTIONS, DO NOT COME TO CAMPUS.

1. Do you have any of the following symptoms?
   - 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 (not related to seasonal allergies or other known causes or conditions)
   - Difficulty swallowing
   - Runny 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 like nausea/vomiting, diarrhea, stomach pain (not related to other causes or conditions).
   - Muscle aches that are unusual or long lasting
   - Extreme tiredness that is unusual (fatigue, lack of energy)
   - Falling down often
   
   For young children and infants:
   - Sluggishness or lack of appetite
   - Fever
   - Cough
   - Difficulty breathing

2. Does anyone in your household have one or more of the above symptoms and/or are waiting for test results after experiencing symptoms?
   *If you are fully vaccinated, answer “No” to this question. Fully vaccinated means that you have received your final vaccine dose 14 or more days prior to contact with the individual who has COVID-19.

3. Have you been notified as a close contact of someone with COVID-19 or been told to stay home and self-isolate?
   Close physical contact means:
   - Being less than 2 metres away in the same room, workspace of area
   - Living in the same home
   *If you have been advised by public health that you do not need to self-isolate, (e.g. because you are fully vaccinated or for another reason), answer “No” to this question. Fully vaccinated means that you have received your final vaccine dose 14 or more days prior to contact with the individual who has COVID-19.

   **For individuals who are healthcare workers or students in the Faculty of Health Sciences & Wellness who are undertaking field placements, please note that the above question is intended to exclude instances of contact by healthcare workers or students completing placements where proper PPE was worn and all expected safety protocols were followed. In such instances, an individual should answer “No” to this question.

4. In the last 14 days, have you travelled outside of Canada and been told to quarantine as per the federal quarantine requirements?
   *If you are fully vaccinated and are exempt from federal quarantine requirements, answer “No” to this question.
   **If yes, contact covidreporting@humber.ca before coming to campus.