



COVID-19 Self Screening Questionnaire

Updated July 26, 2021

Name: _____

Date: _____

Phone: _____

Time: _____

1. Do you have any of the following new or worsening symptoms or signs?

Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Fever or chills		Cough		Trouble breathing		Sore throat or trouble swallowing		Runny or stuffy nose	
Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Decrease or loss of taste or smell		Nausea, vomiting or diarrhea		Pink eye		Headache*		Very tired, sore muscles or joints*	

If you have an existing health condition that gives you the symptoms, select "No," unless the symptom is new, different or getting worse.

*If mild headache, tiredness, sore muscles or joints occur within 48 hours after getting a COVID-19 vaccine, select "No" and wear a medical mask when at work. If symptoms last longer than 48 hours or worsen, select "Yes".

If "YES" to any symptoms: Stay home & self-isolate + get tested or contact a health care provider

2. Does anyone in your household have one or more of the above symptoms and/or are waiting for test results after experiencing symptoms? Yes
No
- If you are fully vaccinated*, select "No."
 - If the household member's mild headache, tiredness, sore muscles or joints occurred within 48 hours after getting a COVID-19 vaccine, select "No". If their symptoms last longer than 48 hours or worsen, select "Yes."
3. Have you been notified as a close contact of someone with COVID-19 or been told to stay home and self-isolate? Yes
No
- If you are fully vaccinated** and have not been advised to self-isolate by public health, select "No."
4. In the last 10 days, have you tested positive on a rapid antigen test or a home-based self-testing kit? Yes
No
- If you have since tested negative on a lab-based PCR test, select "No."
5. In the last 14 days, have you travelled outside of Canada AND been advised to quarantine per the federal quarantine requirements? Yes
No

If "YES" to questions 2, 3, 4 or 5: Stay home + follow Toronto Public Health advice

Venues must keep a record of attendance + contact information for all attendees for 30 days and then shred.

Developed in accordance with recommendations and instructions issued by the Office of the Chief Medical Officer of Health

*Fully vaccinated is defined as an individual ≥14 days after receiving their second dose of a two-dose COVID-19 vaccine series or a single dose of a one-dose COVID-19 vaccine series. →

I HAVE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?



STAY HOME & SELF-ISOLATE. GET TESTED

- If symptoms of a mild headache, tiredness, sore muscles or joints occur within 48 hours after getting a vaccine, you do not need to isolate. You must wear a medical mask. If your symptoms last longer than 48 hours or worsen, stay home, self-isolate and get tested.

WHAT WAS THE RESULT OF YOUR COVID-19 TEST?

POSITIVE

- You must stay home & self-isolate for 10 days from the day your symptoms started.
- Toronto Public Health or your local health unit will contact you to do an investigation & will provide further instructions.

NEGATIVE

Are you a close contact of someone who tested positive for COVID-19 in the last 14 days?

- Yes If you are **not fully vaccinated****: you need to self-isolate for 14 days from last exposure to the person who was positive.
- Yes If you are **fully vaccinated****: you may return to work 24 hours after your symptoms have started improving.
- Yes If you only received an exposure notification through the COVID Alert app: you can return to work 24 hours after your symptoms have started improving.

NOT TESTED

- You must stay home & self-isolate for 10 days from the day your symptoms started. After 10 days, you can return to work if your symptoms have been improving for at least 24 hours.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, you can return to work 24 hours after your symptoms improve.



I HAVE TRAVELLED OUTSIDE OF CANADA IN THE LAST 14 DAYS, WHAT SHOULD I DO?

- Stay home and self-isolate for 14 days, even if you test negative.
- If you are exempted from federal quarantine as per [Group Exemptions, Quarantine Requirements](#) under the Quarantine Act, you do not need to isolate.
- If you have symptoms, even if you are exempted from federal quarantine, you should get tested

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