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

- Yes □ No □  Fever or chills
- Yes □ No □  Cough
- Yes □ No □  Trouble breathing
- Yes □ No □  Sore throat or trouble swallowing
- Yes □ No □  Runny or stuffy nose
- Yes □ No □  Decrease or loss of taste or smell
- Yes □ No □  Nausea, vomiting or diarrhea
- Yes □ No □  Pink eye
- Yes □ No □  Headache**
- Yes □ No □  Very tired, sore muscles or joints**

If “YES” to any symptoms:  Stay home & self-isolate + Get tested Or Contact a health care provider

*If you have an existing health condition that gives you the symptoms select “No”, unless the symptom is new, different or getting worse. Look for changes from your normal symptoms.

**If symptoms of a mild headache, tiredness, sore muscles or joints occur within 48 hours after getting a vaccine, select “No” and wear a medical mask when at work. If your symptoms last longer than 48 hours or worsen, stay home, self-isolate and get tested.

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

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

4.) In the last 14 days, have you travelled outside of Canada?

☐ Yes   ☐ No

If “YES” to Questions 2, 3 or 4:  Stay home + Follow Toronto Public Health advice

Operators should keep a copy of staff screening results for 30 days and then shred.

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

TORONTO.CA/COVID19
I HAVE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?

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

YES

- Everyone, including household members, should stay home and self-isolate. Go for testing.
- If positive, notify your workplace. Toronto Public Health will follow up with instructions.
- If negative, you still need to self-isolate for 14 days from last exposure to the person who was positive.
- If you are not tested you need to stay home and self-isolate for 10 days from when your symptoms started. Household members will need to stay home and self-isolate for 14 days from their last contact with you.
- If you only received an exposure notification through the COVID Alert app and tested negative you can return to work.

NO

- Notify your workplace that you have symptoms.
- You should stay home, self-isolate and get tested.
- Household members should self-isolate until your test is negative.
- If symptoms of a mild headache, tiredness, sore muscles or joints occur within 48 hours after getting a vaccine, wear a medical mask when at work. 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

- Notify your workplace.
- You must stay home & self-isolate for 10 days from the day your symptoms started.
- Household members & close contacts must also self-isolate for at least 14 days from their last contact with you.
- Toronto Public Health or your local health unit will contact you to do an investigation & will provide further instructions.

NEGATIVE

- You may return to the work 24 hours after your symptoms have started improving.
- Household members no longer have to self-isolate, as long as they don’t have symptoms.

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 symptom have been improving for at least 24 hours.
- Household members must self-isolate for 14 days from their last contact with you.
- 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. Household members do not need to stay home.

If you travelled outside of Canada in the last 14 days:

- You should stay home and self-isolate for 14 days, even if you test negative.
- If you have symptoms, your household members should self-isolate until your test is negative.
- If you don’t have symptoms, your household members should stay home except for essential reasons while you are self-isolating.
- If you are exempt from travel quarantine because you perform an essential job (e.g. truck driver, pilot), the rest of your household does not need to self-isolate.

TORONTO.CA/COVID19