

COVID-19 self-assessment

1. Are you experiencing any of the following symptoms?

- severe difficulty breathing (for example, struggling for each breath, speaking in single words)
- severe chest pain
- having a very hard time waking up
- feeling confused
- lost consciousness

If Yes to the above

- Please call 911 or go directly to your nearest emergency department.

If No continue with the questionnaire

2. Are you experiencing any of the following symptoms (or a combination of these symptoms)?

- fever
- new cough
- difficulty breathing (for example, struggling for each breath, cannot hold breath for more than 10 seconds)

If Yes and you have travelled outside of Canada Recently

Please seek clinical assessment for COVID-19 [over the phone.](#)

Contact either:

- your primary care provider (for example, family doctor) for a virtual assessment
- Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) and to speak with a registered nurse
- Telehealth Ontario is experiencing heavy call volumes and will get to your call as quickly as they can.

You should:

- Self-Isolate: Only leave your home or see other people for essential reasons, and where possible seek services over the phone or online or ask for help from friends, family or neighbors.

The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person. Let them know that you have used this self-assessment tool.

If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment tool.

If No continue with the questionnaire

3. Are you experiencing any of the following symptoms (or a combination of these symptoms)?

- muscle aches
- fatigue
- headache
- sore throat
- runny nose
- Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

If Yes have you travelled outside of Canada in the last 14 days?

- Please seek clinical assessment for COVID-19 over the phone.

Contact either:

- your primary care provider (for example, family doctor) for a virtual assessment
- Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) and to speak with a registered nurse

You should:

- Self-Isolation: Only leave your home or see other people for essential reasons, and where possible seek services over the phone or online or ask for help from friends, family or neighbors.

If No

- It is unlikely that you have COVID-19.
- Practice Physical Distancing in order to decrease risk of COVID-19 transmission.

You should also Self-Isolate if you:

- You are over 70
- are immunocompromised (for example if you have HIV/AIDS, are receiving immunosuppression therapy or treatment for cancer or have had a transplant)
- have returned to Canada from travel in the last 14 days
- have come into contact with someone with respiratory symptoms

If you have to go out in public, wash your hands frequently, and maintain a physical distance of about 2 meters from others.

Remember your health is in Your Hands.
Working together we can stay healthy