

# COVID-19: Screening & Symptoms

Stay home if you are sick.

Do not go to school, work or any other place if you are not feeling well.

## Know the symptoms of COVID-19.

The following is a list of the most common symptoms of COVID-19:

- **Fever** (temperature of 37.8°C/100°F or higher)
- **Chills**
- **Cough** that's new or worsening (continuous, more than usual, not related to other known causes or conditions e.g. COPD)
- **Barking cough**, making a whistling noise when breathing (croup, not related to other known causes or conditions)
- **Shortness of breath** (out of breath, unable to breathe deeply, not related to other known causes or conditions e.g. asthma)
- **Sore throat** (not related to other known causes or conditions e.g. seasonal allergies or acid reflux)
- **Difficulty swallowing** (painful swallowing, not related to other known causes or conditions)
- **Runny nose** (not related to other known causes or conditions e.g. seasonal allergies or being outside in cold weather)
- **Stuffy or congested nose** (not related to other known causes or conditions e.g. seasonal allergies)
- **Decrease or loss of taste or smell** (not related to other known causes or conditions e.g. allergies or neurological disorders)
- **Pink eye** (conjunctivitis, not related to other known causes or conditions e.g. reoccurring styes)

- **Headache** that's unusual or long lasting (not related to other known causes or conditions e.g. tension-type headaches or chronic migraines)
- **Digestive issues** like nausea/vomiting, diarrhea, stomach pain (not related to other known causes or conditions e.g. irritable bowel syndrome, anxiety in children or menstrual cramps)
- **Muscle aches** that are unusual or long lasting (not related to other known causes or conditions e.g. a sudden injury, fibromyalgia)
- **Extreme tiredness** that is unusual (fatigue, lack of energy, not related to other known causes or conditions e.g. depression, insomnia or thyroid dysfunction)
- **Falling down** often (for older people)
- **Sluggishness or lack of appetite** (for young children and infants)

If you have any of these symptoms, even if mild, [self-isolate](#) and call the [Assessment Centre](#) nearest you or Telehealth Ontario at 1-866-797-0000.

If you have questions specific to COVID-19, call TBDHU at (807) 625-5900 or Toll-Free 1-888-294-6630. You can also send us a message using the [Contact Us](#) form.

\*Note: abdominal pain and conjunctivitis (pink eye) have been removed from the child care/ school screening tool for children. Visit the [Child with Symptoms & When to Return](#) page for information on what to do if your child has any of the above symptoms.

## Screen daily for COVID-19.

Screening is one of the infection prevention measures that can help slow the spread of COVID-19. It's important to screen yourself, and any children in your care, for symptoms and other risk factors before child care, school, work, sports, and other activities in the community. See below for links to some of the screening tools available. Check with the organization you are involved with for details on their preferred or required tool.

- [Ontario Ministry of Health Self-Assessment Tool](#)
- [Ontario COVID-19 School and Child Care Screening Tool](#)
- [Ontario COVID-19 Worker and Employee Screening](#)
- [Ontario COVID-19 Customer Screening Tool](#)
- [TBDHU General Customer Screening Poster](#)

Last Updated: 18/01/2021