Self-monitor for COVID-19 symptoms.

If you have been experiencing symptoms of fever and/or chills, cough, shortness of breath, decreased or loss of taste or smell, sore throat, runny or stuffy/congested nose, unusual or long-lasting headache and/or muscle aches, nausea, vomiting and/or diarrhea, extreme tiredness...

The following tools can be used to assess your health:

• The Queen’s SeQure App
  queensu.ca/risk/security/sequare-app

• The Ontario COVID-19 Self-Assessment Survey
  covid-19.ontario.ca/self-assessment

Queen’s University is a mask-friendly environment. Please be considerate and respectful of one another’s decisions regarding masking.

Perform frequent hand hygiene.
Avoid touching face, eyes, nose and mouth.