## Coronavirus Disease 2019 (COVID-19) How to self-monitor

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

## Monitor for symptoms for 14 days after exposure





Cough



Public

ealth

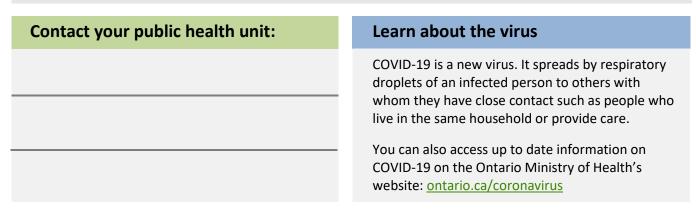
**Difficulty breathing** 

## **Avoid public spaces**

• Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

## What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - $\circ$   $\,$  Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.



The information in this document is current as of February 14, 2020

