COVID-19
How to self-monitor

You have been advised by Telehealth, your health care provider, or your local public health unit to self-monitor.

Follow these instructions:

- **Monitor for the following symptoms for 14 days after exposure:**
    - Fever
    - Cough
    - Difficulty breathing
    - Muscle aches or tiredness
    - Sore throat

- **Limit contact with others**
    - Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.
    - Avoid large gatherings.
    - Avoid contact with vulnerable persons, especially older persons with chronic medical conditions
    - Avoid contact with people who live in health care facilities/congregate living settings (e.g., long-term care homes, retirement homes, shelters, hospitals, jails).

- **Clean your hands**
    - Clean your hands often with soap and water for at least 15 seconds. Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
    - Use alcohol-based hand sanitizer if your hands are not visibly dirty.
    - Avoid touching your eyes, nose, and mouth with unclean hands.

If you develop a fever, cough, difficulty breathing, or any other symptoms follow these instructions:

- **Self-isolate immediately** and contact Telehealth at 1-866-797-0000 or 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)
    - Thermometers
    - Soap, water and/or alcohol-based hand sanitizer to clean your hands

March 15, 2020

- If you need to visit your health care provider:
  - **Call ahead before visiting** and tell them you that you have been self-monitoring for COVID-19 and have now developed symptoms. This will help the health care provider's office take steps to keep other people from getting infected.

- **Travel to/from the hospital or health care provider's office:**
  - Do not use public transportation.
  - Drive yourself if possible.
  - If driving yourself is not possible, arrange a ride with a friend or family member. Ensure the windows of the car are open, sit in the back seat, and wear a mask (if available/you are able to).
  - If you are unable to arrange a ride, take a taxi or car service. Ensure the windows of the car are open, sit in the back seat and wear a mask (if available/you are able to). Record the taxi or car service company name and license plate of the car.
  - If you are NOT well enough to take personal transportation (e.g., car, taxi), call 911, tell them that you have, or are being assessed for COVID-19, and arrange for ambulance transport.

- **More information**
  - If you have questions please contact Telehealth at 1-866-797-0000, your health care provider, or your public health unit.
  - Toronto Public Health Novel Coronavirus (COVID-19). https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/
  - Public Health Agency of Canada. Coronavirus disease (COVID-19). https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

March 15, 2020