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 when self-monitoring:

Monitor for the following symptoms for 14 days after exposure:

- Fever
- Cough
- Difficulty breathing
- Muscle aches
- Tiredness
- Sore throat
- Headache
- Runny nose
- New loss of taste or smell

Limit contact with others

- Stay home. Only leave your home to:
  - Access health care or medication
  - Shop for groceries or other essentials, ideally only once per week
  - Walk your dog or get daily exercise
  - When you leave your home, you must maintain physical distancing of at least 2 metres from other people at all times.
  - After being out for these reasons, you must then return home as soon as possible
- Practise physical distancing. This means keeping a space of at least two metres between you and other people.
- Avoid crowded public spaces and places where you cannot easily separate yourself from others.
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- 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 and lather 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.
What to do if you develop COVID-19 symptoms

- **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
- If you need to visit your health care provider:
  - Call ahead before visiting and tell them you have been self-monitoring for COVID-19 and have now developed symptoms.
- 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 family member, friend, taxi, or ride share. Sit in the back seat, open the window, and wear a mask.
  - If you take a taxi/ride share, record company name and operator number.

**More information**

For more information, visit our website at [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) or call us at 416-338-7600.