



COVID-19 Self-Monitor

Coronavirus

Self-monitoring means checking yourself to see if you develop COVID-19 symptoms before or during the 14 day isolation period. More information is provided below.

Self-monitor for signs and symptoms

- Monitor for symptoms for 14 days after exposure. These include:
 - Fever
 - Cough
 - Difficulty breathing

Isolate yourself from others

You must self-isolate for a 14-day period. View our factsheet “COVID-19 Self-Isolation” to learn how to self-isolate. Some ways to self-isolate are;

- Stay at home.
- Avoid contact with others.
- Don't touch your face.
- Wash your hands.
- Cover your coughs and sneezes.
- Wear a mask.

Do not go to the hospital or your doctor's office without calling ahead.

Symptoms getting worse

- If you develop symptoms of a respiratory illness (fever, cough, or difficulty breathing), call Haldimand-Norfolk Health Unit COVID Hotline 519-426-6170 ext.9999.
- If you require medical advice, please call Telehealth at 1-866-797-0000.
- For urgent situations requiring immediate medical care, call 911.

After 14 days

- You must complete your self-monitoring period and be symptom-free for at least 24 hours after the self-monitoring period is considered complete.

Some content was adapted from the Ministry of Health & Long-Term Care, 2019 Novel Coronavirus (COVID-19), from https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.77513429.118419850.1585667852-79913229.1585667852.

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