

2019 NOVEL CORONAVIRUS (COVID-19) HOW TO SELF-ISOLATE & MONITOR

IF YOU HAVE TRAVELED OUTSIDE OF CANADA IT IS RECOMMENDED THAT YOU VOLUNTARILY SELF-ISOLATE FOR 14 DAYS WHILE SELF-MONITORING SYMPTOMS

SELF ISOLATION AND AVOIDING PUBLIC SPACES

Self-isolation is the avoidance of unnecessary social and physical contact and is a responsible method of slowing down the potential spread of COVID-19 and protecting our most vulnerable community members.

- AVOID PUBLIC SPACES
- STAY HOME
- LIMIT VISITORS
- AVOID CONTACT WITH OTHERS
- KEEP DISTANCE
- Cover cough & sneezes, wash hands frequently or use an alcohol-based hand sanitizer
- Speak to your Community Health Nurse about how to avoid contact with Elders, seniors, and other family and community members with medical conditions including diabetes, lung problems or immune deficiencies

WHAT DO I DO IF I DEVELOP SYMPTOMS?



FEVER

AND/OR



COUGH

- Monitor for **FEVER** and/or **COUGH**
- Contact your healthcare provider or your Community Health Nurse **IMMEDIATELY** and before attending the emergency department if you develop symptoms. **The emergency department will need to prepare for your visit.**

PLEASE CALL TELEHEALTH ONTARIO AT 1-866-797-0000 TO SPEAK TO A REGISTERED NURSE AT ANYTIME

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