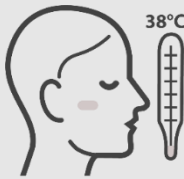


Coronavirus Disease 2019 (COVID-19)

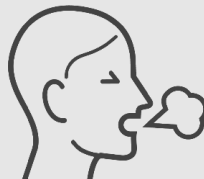
How to Self-Monitor

This fact sheet is for those who need to monitor for symptoms of COVID-19. If you need to self-isolate, please see Public Health Ontario's fact sheet on [How to Self-Isolate](#).

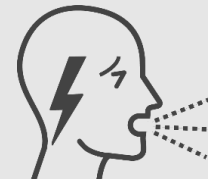
Monitor for symptoms for at least 10 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Always keep a distance of at least 2 metres from others and wear a mask when you leave home.
- Avoid closed indoor spaces and crowded places such as large retail stores or event venues.
- Do not visit people at higher risk of illness (e.g., seniors, those with serious medical illness) for 10 days from your last exposure.

What to do if you develop these or [any other symptoms](#)

- Self-isolate immediately and follow public health advice. See Ministry of Health's [Public Health Unit Locator](#) and Public Health Ontario's fact sheet on [How to Self-Isolate](#).
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If you have to take transit or a private hired vehicle (e.g., taxi), wear a mask and keep the passenger window down (if weather permits) and perform hand hygiene before and after your travel.

If you have questions or start to feel worse

- Contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of December 26, 2021