



How to Self-monitor

July 29, 2020

In some situations, you may be asked to self-monitor. This may happen if you got tested, but **do not** have symptoms, **were not** in close contact with someone with COVID-19 or **did not** travel to an area with confirmed cases.

Self-monitoring means checking yourself for any signs of COVID-19. The most common signs are:

- Cough
- Trouble breathing
- Fever



A fever is a temperature of 37.8 °C or higher. Look for these signs of fever:

- Skin feels warmer than normal
- Chills and sweating
- Feeling weak and tired



COVID-19 can have other symptoms, but they are rare. They include diarrhea (the runs), throwing up, and skin rash.

What should I do if I think I have COVID?



If you live with others, wear a mask if you can. Stay away from places like the kitchen and living room where others are.

Call the nursing station. They may ask you to come for a test. But stay home until they tell you what to do. If they asked you to come, avoid sharing a ride. If someone has to drive you, wear a mask. Sit in the back seat. Open windows for air flow.

I have more questions. Who can I ask?

Contact your nursing station or Telehealth Ontario (1-866-797-0000). Follow the advice you get from your health care provider.