



Durham Region Health Department **Facts about...**



Novel Coronavirus (COVID-19): Self-Monitoring

This information is important to read and understand if you have been advised to self-monitor for signs and symptoms of COVID-19 due to your travel history or your contact with a person who has been diagnosed with COVID-19. You will need to self-monitor for 14 days from your last potential exposure to COVID-19.

What do I look for?

Signs and symptoms of COVID-19 may include:

- Fever
- Cough
- Shortness of breath and/or breathing difficulties

What should I do if I develop symptoms?

If you develop symptoms, maintain distance from others to the extent possible (e.g. leave crowded areas, stay in a separate room and maintain distance of 2 metres). Contact your health care provider and Durham Region Health Department immediately for further information and directions. Wear a mask if attending a medical appointment.

How can I protect myself and others?

Standard practices to prevent exposure and transmission of a range of illnesses should be followed. These practices include:

- Frequent and thorough handwashing with soap and water or use of hand sanitizer when hands are not visibly dirty.
- Coughing or sneezing into your sleeve or elbow and encouraging others to do the same.
- Washing your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- Avoid touching your face and clean hands before touching eyes, nose or mouth.
- Cleaning and disinfecting surfaces, especially those that are high touch areas.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.
- Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

