Coronavirus Disease 2019 (COVID-19)

How to Self-Monitor

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 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

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