

Coronavirus Disease 2019 (COVID-19)

How to Self-Monitor

This fact sheet provides general information on how to self-monitor for COVID-19 symptoms.

Monitor yourself for COVID-19 symptoms

- Symptoms of COVID-19 can be similar to other illnesses, including respiratory illnesses such as the flu (influenza) and common colds.
- Symptoms of COVID-19 vary and may include fever or chills, cough, difficulty breathing, loss of taste or smell, runny nose, sore throat, headache, extreme tiredness, and nausea, vomiting or diarrhea. Watch for symptoms that are new, getting worse, or not usual for you.
- See the Ministry of Health's [COVID-19 Self-Assessment Tool](#) for more details.

What to do if you develop symptoms

- Stay home if you develop symptoms or are feeling sick and complete the [COVID-19 Self-Assessment Tool](#) for more advice.
- If you are advised to self-isolate please see Public Health Ontario's fact sheet on [How to Self-Isolate](#). This has advice on what to do if you need to leave home (e.g., to visit a health care provider) while self-isolating.
- Complete screening tools for other settings, if applicable (e.g., school or child care).
- If you have questions or concerns about your symptoms or start to feel worse contact your health care provider, Telehealth (1-866-797-0000), and/or complete the [COVID-19 Self-Assessment Tool](#). In a medical emergency, call 911.

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 October 2022.