

COVID-19 and How to Self-Monitor

If you have been advised by Telehealth, your health care provider, or your local public health unit to self-monitor, please follow these instructions.

Monitor for the following symptoms for 14 days after exposure:

- Fever
- Cough
- Difficulty breathing
- Sore throat
- Runny nose
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Difficulty swallowing

Disease symptoms may be different, depending on age. Children and older adults with COVID-19, may also have [non-specific symptoms](#), such as:

- Disorientation, confusion
- Sleeping more than usual or muscle aches
- Dizziness, weakness or falls
- Chills, headaches

Rarely, children can get an inflammatory condition that impacts the blood vessels, called vasculitis. It can present with prolonged fever, abdominal pain, red eyes, nausea, vomiting, diarrhea, and rash. It needs medical attention.

For others, there is a higher risk for severe illness, including people over the age of 60, and those with weakened immunity or underlying health conditions.

Limit contact with others

- [Practise physical distancing](#). This means keeping a space of at least two metres or six feet between you and other people.
- Avoid crowded public spaces and places where you cannot easily separate yourself from others.
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, or immune deficiency).
- Avoid contact with people who live in health care facilities/congregate living settings (e.g. long-term care homes, retirement homes, shelters, hospitals, jails).

Clean your hands

- Clean your hands often with soap and water and lather for at least 15 seconds.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use alcohol-based hand sanitizer if your hands are not visibly dirty.

- Avoid touching your eyes, nose, and mouth with unclean hands.

What to do if you develop COVID-19 symptoms

- **Self-isolate immediately** and contact Telehealth at 1-866-797-0000 or your health care provider.
- To self-isolate you will need:
 - Instructions on how to [self-isolate](#)
 - A small supply of procedure/surgical masks
 - Thermometers
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- If you need to visit your health care provider:
 - Call ahead before visiting, and tell them you that you have been self-monitoring for COVID-19 and have now developed symptoms.
- Travel to/from the hospital or health care provider's office:
 - Do not use public transportation.
 - Drive yourself if possible.
 - If driving yourself is not possible, arrange a ride with a family member, friend, taxi, or ride share. Sit in the back seat, open the window, and wear a mask.
 - If you take a taxi/ride share, record company name and operator number.

More information

For more information, visit our website at www.toronto.ca/COVID19 or call us at 416-338-7600.