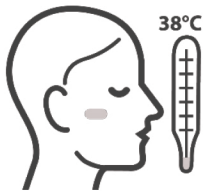


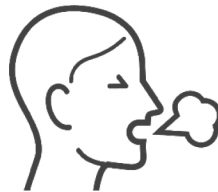
## 2019 NOVEL CORONAVIRUS (COVID-19)

# How to self monitor

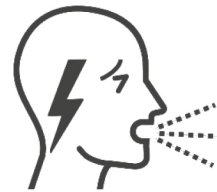
Monitor for symptoms for 14 days after exposure



FEVER



COUGH



DIFFICULTY BREATHING

### Avoid public spaces

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

### What to do if you develop these or other symptoms?

Self-isolate immediately and contact your public health unit and your health care provider.

To self-isolate you will need:

- Instructions on how to self-isolate
- Supply of procedure/surgical masks (enough for 14 days)
- Soap, water and/or alcohol-based hand sanitizer to clean your hands

When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.