

## Coronavirus Disease 2019 (COVID-19)

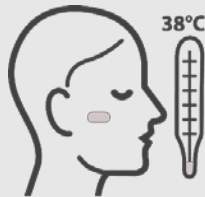
# How to self-quarantine

(for people who are investigating if they are ill)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health centre, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

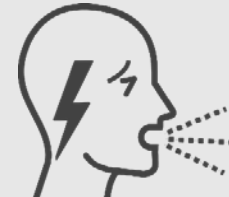
## Monitor for symptoms for 14 days if you have travelled outside of Canada or you have been in close contact with someone with symptoms of COVID-19



**Fever**



**Cough**



**Difficulty breathing**

## Avoid public spaces

- Avoid public spaces and places where you cannot easily be 2 meters apart from others.

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

- Self-isolate immediately and contact your nursing station/health center or 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 taxis or sharing rides. If unavoidable, wear a mask and sit in the back seat.

## Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website:

[ontario.ca/coronavirus](https://ontario.ca/coronavirus)

Adapted from the Public Health Ontario – COVID-19: How to self-isolate fact sheet  
The information in this document is current as of March 23, 2020

