

Coronavirus (COVID-19) Self-Monitoring

If there is a reason to suspect that you **may** have been exposed with COVID-19, but **do not** have any symptoms, then self-monitor for 14 days and watch for symptoms of COVID-19. Self-monitoring means you do not need to stay at home, but avoid unnecessary activity outside of your home; avoid crowded places and practice social distancing, unless your Health Authority advise you to stay at home.

Self-Monitoring:

What and why you need self-monitoring?

You have no symptoms and

- There is a reason to believe that you have been exposed to a person with COVID-19
- You are in close contact with older adults or medically vulnerable people
- You have been advised to self-monitor for any other reason by your Public Health Authority

What to do in self-monitoring?

- Monitor yourself for 14 days after exposure for one or more signs and symptoms of COVID-19, such as:
 - Fever (take and record temperature twice daily)
 - Cough
 - Runny nose
 - Sore throat
 - Difficulty breathing
 - In children look for diarrhea, poor feeding, lethargy
- Continue your daily routine but avoid crowded places and increase your personal space from others, whenever possible

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

- Self-isolate immediately and contact your local Coronavirus (COVID-19) helpline or a health care provider or Public Health Authority for instructions and testing

For more information on Coronavirus (COVID-19) visit www.educateyourhealth.com

Coronavirus (COVID-19) Self-Monitoring

Name:

Start Date:

Day	Fever (°C / °F)		Symptoms
	morning	evening	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Comments: