Coronavirus Disease 2019 (COVID-19)

How to Self-Monitor

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider,
Telehealth (1-866-797-0000) or your public health unit.

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 any other symptoms
• Self-isolate immediately and contact your public health unit and your health care provider.
• To self-isolate you will need:
  o Instructions on how to self-isolate
  o 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 keep a two metre
  distance from others or use the back seat if in a car.

Contact your public health unit:
KFL&A Public Health
221 Portsmouth Ave.,
Kingston, Ontario K7M 1V5
Tel: 613-549-1232
Toll free: 1-800-267-7875
Fax: 613-549-7896
www.kflaph.ca

Learn about the virus
COVID-19 is a new virus. It spreads by respiratory
droplets of an infected person to others with
whom they have close contact such as people who
live in the same household or provide care.

You can also access up to date information on
COVID-19 on the Ontario Ministry of Health’s
website: ontario.ca/coronavirus

The information in this document is current as of April 10, 2020.

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