



Durham Region Health Department Facts about...



Novel Coronavirus (COVID-19) Self-Monitoring

This information is important to read and understand if you have been advised to self-monitor for signs and symptoms of COVID-19 due to your travel history or your contact with a person who has been diagnosed with COVID-19. You will need to self-monitor for 14 days from your last potential exposure to COVID-19 (i.e. the date of return from travel outside of the province or the date of your last known contact with the person with COVID-19).

What do I look for?

Typical signs and symptoms of COVID-19 include:

- Fever (temperature of 37.8 or greater)
- New or worsening cough
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Changes to sense of taste or smell
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion (not caused by seasonal allergies)

Atypical symptoms can include: unexplained fatigue/malaise/myalgias, delirium (acutely altered mental status and inattention), unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, and multisystem inflammatory vasculitis in children.

NOTE: Symptoms of multisystem inflammatory vasculitis in children include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

over . . .

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.



Where can I get testing?

Any person who has at least one symptom, even if the symptom(s) are mild, can be tested for COVID-19. People who have no symptoms but have been exposed to a person with COVID-19 can also be tested.

If you develop any symptoms of COVID-19, immediately self-isolate and seek clinical assessment by:

- 1) Contacting Durham Health Connection Line 905-668-2020 or 1-800-841-2729.
- 2) Completing the Lakeridge Health online assessment form at covidswab.lh.ca to get an appointment at the COVID-19 Assessment Clinic.

How can I protect myself?

Standard practices to prevent exposure and transmission of a range of illnesses should be followed. These practices include:

- Frequent and thorough handwashing with soap and water or use of hand sanitizer when hands are not visibly dirty.
- Coughing or sneezing into your sleeve or elbow and encouraging others to do the same.
- Washing your hands after handling nose and throat secretions (e.g., after throwing out used facial tissues).
- Avoid touching your face and clean hands before touching eyes, nose or mouth.
- Practice physical distancing by limiting close contacts with people outside of your household and maintain 2 metres from other people if you need to go out.
- Wear a non-medical mask or face covering when it is not possible to consistently maintain a 2-metre physical distance from others (e.g. crowded public setting such as stores and public transportation).
- Cleaning and disinfecting surfaces, especially those that are high touch areas.
- Do not share water bottles, straws, eating utensils, cigarettes, toothbrushes, toys or anything else that has been in contact with saliva, nose or throat secretions.
- If you are ill, stay at home and isolate yourself from others.
- Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

June 4, 2020

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

