

COVID-19 Self-Monitor

Self-monitoring means checking yourself to see if you develop COVID-19 symptoms before or during the 14-day isolation period. More information is provided below.

Self-monitor for signs and symptoms

Monitor for symptoms for 14 days after exposure. These include:

- Fever
- Cough
- Difficulty breathing

Isolate yourself from others

You must self-isolate for a 14-day period. View our factsheet “COVID-19 Self-Isolation” to learn how to self-isolate. Some ways to self-isolate are:

- Stay at home.
- Avoid contact with others.
- Don't touch your face.
- Wash your hands.
- Cover your coughs and sneezes.
- Wear a mask.
- Do not go to the hospital or your doctor's office without calling ahead.

Symptoms getting worse

If you develop symptoms of a respiratory illness (fever, cough, or difficulty breathing), call Huron Perth Public Health at 1-888-221-2133 or 1-800-431-2054 for After Hours

If you require medical advice, please call Telehealth at 1-866-797-0000.

For urgent situations requiring immediate medical care, call 911.

After 14 days

You must complete your self-monitoring period and be symptom-free for at least 24 hours after the self-monitoring period is considered complete.