

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 or
Coronavirus Hotline at 1-833-442-7015

Monitor for symptoms for 14 days after exposure or as per provider instruction

Fever



Cough



Shortness of breath



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 health care provider or PHN
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure, surgical mask, digital thermometers, fever reducers
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands.
- When you visit your health care provider, call ahead, wear a mask and distance yourself at least 3-6 feet from others in waiting room.

Symptom and Temperature Log

Day	Date	Symptoms	Temp and location taken
Example	1/1/2011	☀ Cough yellow mucus, headache	98.5 armpit
		☾ Pain with deep breaths, dry cough	101.2 mouth
0		☀	
		☾	
1		☀	
		☾	
2		☀	
		☾	
3		☀	
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4		☀	
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11		☀	
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12		☀	
		☾	
13		☀	
		☾	
14		☀	
		☾	

Armpit Temperature: How to Take

- Age: Any age for screening
- Put the tip of the thermometer in an armpit. Make sure the armpit is dry.
- Close the armpit by holding the elbow against the chest. Do this until it beeps (about 10 seconds). The tip of the thermometer must stay covered by skin.

Oral Temperature: How to Take

- Age: 4 years and older
- If you have had a cold or hot drink, wait 30 minutes.
- Put the thermometer under one side of the tongue towards the back. It's important to put the tip in the right place.
- Hold the thermometer with lips and fingers. Don't use the teeth to keep in place. Keep the lips sealed until it beeps (about 10 seconds).

Remember to clean your thermometer by rinsing it off and then using rubbing alcohol to sanitize and rinsing it again. Never use a thermometer that has been used for rectal temps in the mouth/arm-pit.