Coronavirus Disease 2019 (COVID-19)

How to Self-Monitor

This fact sheet is for those who need to monitor for symptoms after they have been exposed to someone with COVID-19. If you need to self-isolate, please see Public Health Ontario's fact sheet on How to Self-Isolate.

Monitor yourself for symptoms for 10 days after last exposure

- Typical symptoms are fever, cough, difficulty breathing and the loss of taste or smell.

- See Ministry of Health's guidance on these and other symptoms of COVID-19.

Keep others safe

- Always keep a distance of at least 2 metres from others and wear a well-fitted mask when you leave home.

- Do not visit people at higher risk of illness (e.g., seniors, those with serious medical conditions) for 10 days from your last exposure.

- Be aware of your workplace policy for working if you have been exposed to COVID-19.

- As much as possible, avoid closed indoor spaces and crowded places such as large retail stores or event venues.

What to do if you develop any symptoms

- Self-isolate immediately and and follow public health advice. See Ministry of Health's Public Health Unit Locator and Public Health Ontario's How to Self-Isolate.

- If you need to visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If you have to take transit or a private hired vehicle (e.g., taxi), wear a mask and keep the passenger window down (if weather permits) and perform hand hygiene before and after your travel.

If you have questions or start to feel worse

- Contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of April 15, 2022

Ontario