

2019 NOVEL CORONAVIRUS (COVID-19)

What's the difference?

Self-Monitoring

- Monitor yourself for 14 days for symptoms of COVID-19 (fever, cough, difficulty breathing, sore throat)
- Go about your day but avoid crowded places and increase your personal space from others, whenever possible

Self - Isolation

- Stay at home and monitor yourself for symptoms, even if mild, for 14 days
- Avoid contact with other people to help prevent them spread of disease in your home and in your community in the event you become symptomatic and diagnosed with COVID-19

Isolating

- Stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- Avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk, such as older adults or medically vulnerable people

**PLEASE CALL TELEHEALTH ONTARIO AT 1-866-797-0000
TO SPEAK TO A REGISTERED NURSE AT ANYTIME**

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