BREAK THE CHAIN OF TRANSMISSION
Symptoms of COVID-19 can take up to 14 days to appear

SELF-MONITORING

• Continue with daily activities (work, school) while monitoring for symptoms
• Assess yourself daily for signs of new or worsening cough
• Assess yourself daily for difficulty breathing
• Take your temperature each morning
• Clean your hands often and thoroughly for at least 20 seconds, including between your fingers, under your fingernails and your wrists
• Cover your cough or sneeze with a tissue or your arm/elbow
• Clean and disinfect all frequently touched surfaces

SELF-ISOLATION

• Stay home, except when seeking urgent medical care
• Separate yourself from other people in your home
• Do not go to work, school or social gatherings
• Call ahead before going to see a health care provider
• Clean your hands often and thoroughly for at least 20 seconds, including between your fingers, under your fingernails and your wrists
• Cover your cough or sneeze with a tissue or your arm/elbow
• Clean and disinfect all frequently touched surfaces in your home, including bathroom and toilet surfaces at least once a day
• Wear a surgical mask when within two metres of other people and if leaving to seek medical attention

IF YOU BEGIN TO DEVELOP SYMPTOMS WHILE SELF-MONITORING, IMMEDIATELY:

• Isolate yourself from others
• Contact your health care provider or local emergency department to arrange for medical assessment; call ahead to ensure appropriate precautions are in place at the time of your arrival
• Travel to the health care provider/hospital emergency department in a private vehicle; do not take public transit; if you are very ill, call 911 to arrange for an ambulance
• Contact York Region Public Health by calling Health Connection at 1-800-361-5653

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