

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

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**

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

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York Region