



Am I Well Enough To Be Out In Public?

During these times, we are doing our best to protect the health of others as well as our own.

The Ontario Government has published the following Novel Coronavirus (COVID-19) self assessment that all of us should be undertaking to ensure our health and the health of those with whom we come into contact.

If you think you have 2019 Novel Coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care.

If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.

If you are feeling unwell with any of the following symptoms:

- Fever, new cough or difficulty breathing (or a combination of these symptoms)?
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea? Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

And have experienced any of the following:

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

If you answered yes to these questions, you should seek clinical assessment for COVID19 over the phone.

The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person. Please use one of the following options:

- Contact your primary care provider (for example, family doctor). Let them know that you have used this self-assessment tool.
- Contact Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) and speak with a registered nurse. Let them know that you have used this self-assessment tool.

If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment tool.

If you answered no to these questions, it is unlikely that you have COVID-19.

You should:

- Continue to monitor your health for a full 14 days after your return to Ontario or have contact with someone who is ill. If you develop any new symptoms, please seek clinical assessment and testing for COVID-19.
- Learn more about [self-monitoring](#). (See flip side)

If you start to feel worse or have questions or concerns about your health, call your local public health unit, primary care provider (for example, family doctor) or Telehealth Ontario at 1-866797-0000.

<https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>



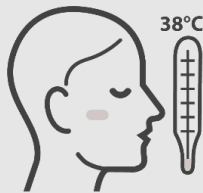
Coronavirus Disease 2019 (COVID-19)

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

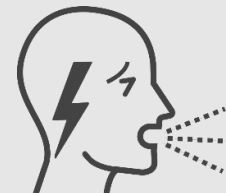
Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

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 public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020

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