

How to Self-Monitor



You have been asked to monitor yourself for symptoms because you may have been exposed to COVID-19. The following measures will help prevent the spread of disease to others in your home and your community. Wear a community face mask in public when physical distancing is challenging.

For the next **14 days**, Public Health asks that you:

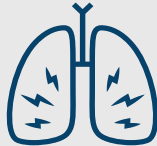
Monitor your health for the following symptoms:



Fever above 38 degrees Celsius



A new cough, or worsening chronic cough



Difficulty breathing



Runny nose



Sore throat



Headache



A new onset of fatigue



A new onset of muscle pain



Diarrhea



Loss of sense of taste



Loss of sense of smell



In children, purple markings on the fingers and toes

Keep your hands clean

Wash your hands often with soap and water for at least 20 seconds (as long as it takes to sing the birthday song twice). Dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet. If soap and water are not available, use an alcohol-based hand sanitizer.

When to wash your hands:

- Before and after preparing food;
- Before and after eating;
- After using the toilet;
- After you cough or sneeze;
- Before and after using a surgical/procedure mask;
- After disposing of waste or handling contaminated laundry;
- Whenever hands look dirty.



Take care to avoid public spaces

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.



Protect yourself and others from getting sick:



Wash your hands often with soap or hand sanitizer.



Elbow cough/sneeze



Avoid touching eyes, nose, mouth with hands.



Cleaning surfaces properly



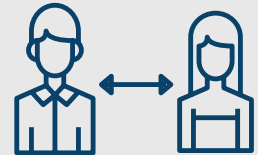
Cough in tissues and throw away



Stay home if you are sick



Avoid contact with sick person



Physical Distancing

If you start having symptoms isolate yourself from others as quickly as possible.

Immediately CALL TELECARE-811.

**Describe your symptoms and travel history.
They will provide advice on what you should do.**

May 4th, 2020

For the latest information visit: www.gnb.ca/coronavirus