

# How to Self-Monitor



If you have been asked to monitor yourself for symptoms, the following measures will help prevent the spread of disease to others in your home and your community.

## Monitor your health for the following symptoms:



Fever



New cough  
or worsening  
cough



Runny  
nose



Sore throat



Headache



A new onset  
of fatigue



A new onset of  
muscle pain



Diarrhea



Loss of sense of  
taste or smell



In children, purple  
markings on the  
fingers and/or toes

## Keep your hands clean

Wash your hands often with soap and water for at least 20 seconds or 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:



Washing your hands often



Coughing and sneezing in your elbow



Avoid touching eyes, nose, mouth with hands



Cleaning surfaces properly



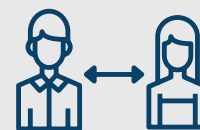
Wearing a face mask in public



Stay home if you are sick



Avoid contact with a sick person



Physical distancing

**You can register for a test online by clicking 'Get Tested' on the GNB Coronavirus website or you can call Tele-Care 811 to get an appointment.**

**OR**

**If you think you have symptoms:**

- 1. Take a self-assessment to find out if you should be tested for COVID-19.**
- 2. If you need to be tested, request to get tested for COVID-19 in your community by submitting an online referral (must complete self-assessment first.)**
- 3. If you're experiencing mild to moderate symptoms of COVID-19 and do not need to talk to a nurse,**
- 4. complete the self assessment and get tested.**

**OR**

**If you are displaying mild or moderate symptoms of COVID-19, complete the self-assessment by visiting [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus) or call Tele-Care 811.**