**Coronavirus Disease (COVID-19)**

**Self-Monitoring Information Sheet**

**What is self-monitoring?**

Self-monitoring means that you should monitor or watch yourself for the following symptoms of COVID-19 and if you develop symptoms or your symptoms get worse, report them to a health care provider:

- Fever
- New or worsening cough
- Shortness of breath
- Muscle aches
- Runny nose
- Sore throat
- Nausea/Vomiting
- Diarrhea
- Headache
- Loss of sense of smell
- Chills
- Generally feeling unwell

**Why should I self-monitor?**

It is a good idea to always be aware of any of the symptoms of COVID-19 listed above that you might have. If you develop these symptoms you can protect others by staying home. If you are unwell, let your health care provider know so you can receive the right care and advice.

**When should I self-monitor?**

It is very important to monitor for symptoms when:

- You return from travel outside of the Northwest Territories
- You believe you were exposed to COVID-19
- A health care provider tells you that you were exposed to a person with COVID-19
- A health care provider or employer asks you to self-monitor for other reasons
- You are recovering from COVID-19

**How long should I self-monitor?**

You will need to monitor yourself for at least 14 days when you enter the NWT or since your last possible contact with COVID-19. If you still have symptoms after 14 days you should continue to monitor yourself and let your health care provider know. Your health care provider may ask you to monitor for symptoms for longer than 14 days (e.g. you are living with someone who has COVID-19).
What should I do if I develop symptoms of COVID-19 or my symptoms worsen?

If you develop symptoms or your symptoms worsen, self-isolate and call a health care provider:

Yellowknife: 867-767-9120, or book online at www.nthssa.ca/appointments
Inuvik: 867-490-2225
Fort Smith: 867-621-2233 or 867-872-0562
Hay River: 867-874-7201 (between the hours of 08:30 and 16:30).
After hours call Emergency department at 867-874-8050
All Other Communities call your local health centres: www.hss.gov.nt.ca/health-centres

If your symptoms are severe (i.e. shortness of breath) call 9-1-1.

If you do not develop symptoms within 14 days, follow any direction given to you by a health care provider. Continue to social distance and use healthy respiratory practices to prevent getting COVID-19 or other respiratory infections.

For more information and updates visit www.hss.gov.nt.ca/coronavirus
Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

**COVID-19 Daily Self-Monitoring Form**

Let your healthcare provider know if you develop symptoms.

Name:

Date of Symptom Onset:

Monitoring End Date:

Date each day, check your temperature and then check any of the symptoms.

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**Symptoms:**

- Let a health care provider know if you develop symptoms.
- Temperature (specify: °C)
- Chills/Feverish
- Difficulty breathing
- Call 9-1-1
- New or worsening cough
- Runny Nose
- Nausea/Vomiting/Diarrhea
- Sore throat
- Tiredness
- Muscle aches
- Headache
- Loss of sense of smell
- Generally feeling unwell
- Other, specify

**Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community**

- Stay home if you are sick
- If you are sick, avoid close contact with others
- Turn and cover your mouth and nose
- Throw used issues in the garbage
- Wash your hands
- Clean/Disinfect

April 24, 2020