



Coronavirus Disease (COVID-19) Self-Monitoring Information Sheet

Updated: April 24, 2020

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.

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.

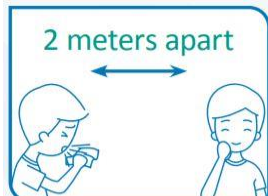
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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														

If symptoms continue past this point call your healthcare provider

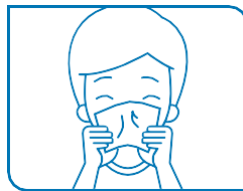
Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community



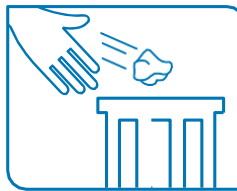
Stay home if you are sick



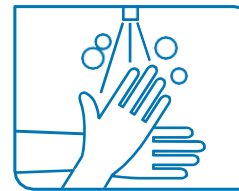
If you are sick, avoid close contact with others



Turn and cover your mouth and nose



Throw used tissues in the garbage



Wash your hands



Clean/Disinfect