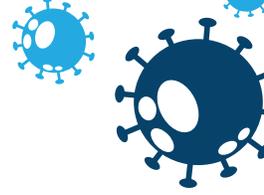


How to Self-Monitor



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.

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

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



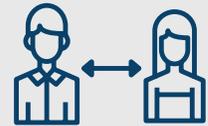
Wearing a face mask is required in public



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 or call Tele-Care 811.

IF YOU START HAVING SYMPTOMS ISOLATE YOURSELF FROM OTHERS AS QUICKLY AS POSSIBLE.