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.

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)

December 8th, 2020
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.