

COVID-19

Recommendations for self-monitoring

If you have no symptoms, no known close contact with a positive case of COVID-19 and no travel history but you decided to get a COVID-19 test, you are to self-monitor.



Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill



Wearing a face covering may be an added way to protect others around you, even if you don't have symptoms, particularly where physical distancing may be a challenge.

What should I do if symptoms develop?

- If you begin having any symptoms, contact Niagara Region Public Health or your health care professional immediately. Call ahead to allow health care staff to take appropriate precautions.
- Stay at home and indoors. Do not go to school, work or any public areas.
- Stay in a separate room away from other people in your home at all times (including sleeping). Use a separate bathroom if possible.
- No visitors
- Travel in a private vehicle, not in public transportation or with ride share companies, and wear a face covering over your nose and mouth
- Wash your hands or use hand sanitizer often

It is important to remember that a COVID-19 test is only a snapshot of your health on the specific date and time the swab was taken. No testing is perfect and a negative result does not mean you have not been exposed to COVID-19. You can still develop symptoms days after your test was taken.

If your test comes back negative, but you begin to develop COVID-19 symptoms, even if they are mild, you need to be re-tested. This is important so we can all protect the health and safety of our loved ones and our community from whatever infection you may have.

Refer to Niagara Region Public Health's COVID-19 Recommendations for self-isolation.

Created May 2020. Updated May 28, 2020, version 2. Information regarding COVID-19 is fluid and rapidly changing. Guidance from the Federal and Provincial governments change often. Please call the Niagara Region Public Health Novel Coronavirus (COVID-19) Info-Line at **905-688-8248** or visit our website niagararegion.ca/health to receive up-to-date recommendations regarding COVID-19.

Symptoms

The most common signs of infection include:

- Fever and/or
- A new cough or a cough that is getting worse

Other symptoms include:

- Difficulty breathing
- Sore throat
- A runny or congested nose (not allergies)
- Chills

Other non-specific symptoms are:

- Muscle aches
- Fatigue (feeling weak, tired, exhausted)
- Headache
- Diarrhea
- Lost sense of taste or smell
- Conjunctivitis
- Rash
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Lost consciousness
- Nausea
- Vomiting
- Unexplained abnormally rapid heart rate
- Chronic conditions getting worse

Non-specific symptoms for young children may include:

- Lethargy (feeling sluggish, tired, exhausted)
- Poor feeding

Novel Coronavirus (COVID-19) Info-Line

Talk to a public health professional Monday to Friday from 9:15 a.m. to 8:30 p.m., and Saturday and Sunday from 9:15 a.m. to 4:15 p.m.

905-688-8248 press 7, then press 2 Toll-free: **1-888-505-6074**

niagararegion.ca/health

Niagara  Region

Prevent the Spread of Disease

To prevent the spread of infectious diseases and to keep healthy, follow these simple steps:



Stay home if you're sick



Keep your distance

Practice physical distancing. Keep a distance of six feet from others



Cover your cough or sneeze

With a tissue or into your sleeve.

Throw your used tissues and masks into a covered, plastic lined container can and clean your hands



Avoid sharing personal items

Especially those that come into contact with saliva, such as toothbrushes and eating utensils



Wash your hands often

Clean your hands with soap and water for 20 seconds, or alcohol based hand sanitizer. Avoid touching your eyes, nose or mouth with unwashed hands.

Dry your hands with a paper towel. If you do not have paper towel, use a towel that is dedicated to you only and keep the towel separate from everyone else's towels

Clean and disinfect

Clean and disinfect high touch surfaces at least twice daily. Use a product that states it's a disinfectant and follow manufacturer's instructions.

- High touch surfaces can include toilet handles, sink tap handles, doorknobs, light switches, electronics (cell phones, tablets, iPads, headsets, gaming devices, remotes) and bedside tables should be cleaned and disinfected at least twice daily, and more often if visibly soiled
- Place contaminated items that can't be cleaned in a lined container; secure the contents and dispose of them with other household waste
- Put the lid of the toilet down before flushing

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