



# Coronavirus Disease (COVID-19)

## Self-Monitoring Information Sheet

Updated: March 14, 2020

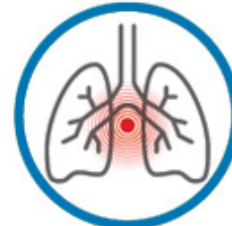
Self-monitoring means you do not need to stay at home, but you should watch for the following symptoms:



FEVER



COUGH



DIFFICULTY  
BREATHING

### How long should I self-monitor?

Individuals should self-monitor for symptoms for **14 days** upon arrival from outside the NWT. See page 2 for a daily monitoring sheet you can use.

### What should I do while I self-monitor?

While self-monitoring please avoid large crowds and visiting at-risk individuals during the 14 day period, especially those residing in long-term care facilities. At-risk individuals include those over 60 years of age, those with chronic conditions (diabetes, heart disease, lung disease, etc.) and those with weakened immune systems (ie. cancer).

### What should I do if I develop symptoms of COVID-19?

If you develop **symptoms**, continue to isolate yourself and call:

Yellowknife: 867-767-9120

Inuvik: 867-490-2225 or 867-777-7246

Fort Smith: 867-872-6219 or 867-872-6221

Hay River: 867-874-7201

All Other Communities call your local health centres: [www.hss.gov.nt.ca/health-centres](http://www.hss.gov.nt.ca/health-centres)

**If your symptoms are severe call 9-1-1.**

If you do not develop symptoms within 14 days, continue to 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](http://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: \_\_\_\_\_

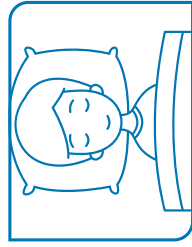
Individuals should self-monitor for symptoms for 14 days upon arrival from outside the NWT

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

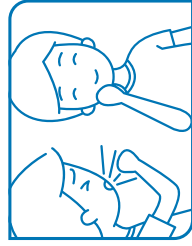
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Symptoms :</b> Let a health care provider know if you develop symptoms.														
Temperature (specify: °C)														
Chills/Feverish														
Difficulty breathing														
Cough														
Runny Nose														
Nausea/Vomiting/ Diarrhea														
Sore throat														
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