

# Self-Monitoring Information Sheet

**Canada Border Services Agency is providing information to returning travelers to either self-isolate or self-monitor.**

## What is self-monitoring?

Self-monitoring is an important way of preventing COVID-19 from spreading in Saskatchewan. It means that you pay attention to new symptoms, especially cough or difficulty breathing, take your temperature twice daily, and document your symptoms and temperature on the chart on the reverse of this sheet. You do not have restrictions on attending work or school but should avoid crowded public spaces and vulnerable people. However, you should have a plan on how to quickly self-isolate if you develop fever, cough, or difficulty breathing when not at home.

## How long is self-monitoring recommended for COVID-19?

Self-monitoring is required for 14 days after returning from travel or following exposure to a person infected with COVID-19. If you develop symptoms (fever, cough, difficulty breathing), you should self-isolate and contact the local public health office via HealthLine 811 for direction.

## It has been recommended that I self-monitor. What are my next steps?

1. Ensure the home is supplied with basic needs including food, medications (acetaminophen or ibuprofen and prescriptions), personal hygiene products, pet supplies, etc. to support a stay at home of up to 14 days if symptoms develop.
2. Have a plan for whom to contact if you develop fever, cough, or difficulty breathing during the self-monitoring period who can help access medical assessment if needed.
3. Carefully monitor your symptoms twice a day. Be alert for cough or difficulty breathing and document on a worksheet for tracking.

## What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to get advice about how you are feeling and what to do next.
- **If you require urgent medical care** (it becomes harder to breathe, you can't drink anything or you feel very unwell), go to an urgent care clinic or emergency department. Tell the receptionist that you are self-monitoring because of COVID-19.
- **If you develop symptoms of COVID-19**, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, difficulty breathing and generally feeling unwell. Call HealthLine 811 for directions for testing.
- **Call ahead before you get medical care.** If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-monitoring due to risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

## How do I stop the spread of respiratory illness?

- **Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your upper sleeve or the bend of your elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.
- **Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.
- **Avoid sharing household items.** This includes dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them with soap and hot water.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **Clean and disinfect common areas once a day.** Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect (kill germs) by mixing one part bleach with nine parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room(s) where you are staying.
- **Avoid crowded public spaces** and places where rapid self-isolation upon onset of symptoms may not be feasible. Examples of these settings include mass gatherings such as concerts or sporting events.
- **Avoid contact with vulnerable people.** COVID-19 is more serious among the elderly and those with underlying medical conditions. Avoid contact with these individuals while self-monitoring.

### *Record Temperature & Symptoms Here*

Date	am Temp	Morning Symptoms	pm Temp	Evening Symptoms