How to Self-Monitor

If you have been asked to monitor for symptoms, the following measures will help prevent the spread of COVID-19.

Monitor for the following symptoms

Fever

New cough or worsening cough

Runny nose

Sore throat

Headache

New onset of fatigue

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. If soap and water are not available, use an alcohol-based sanitizer.

When to wash your hands

- When you arrive at home
- After you cough or sneeze
- Before and after preparing or eating
- Before and after removing your mask
- After using the toilet
- Whenever hands look dirty

Avoid crowded public spaces

Avoid crowded public spaces where you cannot easily physicaly distance from others.

If you have one or more symptoms, get tested for COVID-19.

Visit GNB.CA/GETTESTEDCOVID19 or call 811 to be screened.

An appointment will be scheduled for the appropriate test for you.

GNB.CA/CORONAVIRUS

New Brunswick / Nouveau Brunswick

13612 | 2022/01/11