

# **2019 novel coronavirus (COVID-19) self-assessment**

This information is not intended to provide medical advice. If you have medical questions, consult a health practitioner or your local public health unit.

## **If you are feeling unwell with any of the following symptoms:**

- Fever, new cough or difficulty breathing (or a combination of these symptoms)?
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea?  
Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

## **And have experienced any of the following:**

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

## **If you answered yes to these questions, you should seek clinical assessment for COVID-19 over the phone.**

The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person. Please use one of the following options:

- Contact your primary care provider (for example, family doctor). Let them know that you have used this self-assessment tool.
- Contact Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) and speak with a registered nurse. Let them know that you have used this self-assessment tool.

**If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment tool.**

**If you answered no to these questions, it is unlikely that you have COVID-19.**

You should:

- Continue to monitor your health for a full 14 days after your return to Ontario or have contact with someone who is ill. If you develop any new symptoms, please seek clinical assessment and testing for COVID-19.
- Learn more about [self-monitoring](#).

If you start to feel worse or have questions or concerns about your health, call your local public health unit, primary care provider (for example, family doctor) or Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000).