

COVID-19 Recommendations for self-monitoring

If you are a high-risk contact of a positive case of COVID-19 and are fully vaccinated or were previously positive for COVID-19 within the last 90 days, but you have no symptoms, you should 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.

You are considered fully vaccinated when you have received:

- The full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines, OR
- One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, OR
- Three doses of a COVID-19 vaccine not authorized by Health Canada;

You must also have received your final dose of the COVID-19 vaccine at least 14 days ago.

Symptoms

If you have any of the following symptoms that are new or getting worse, self isolate.

- Fever / chills
- Cough
- Shortness of breath
- Decrease or loss of taste or smell
- Fatigue, lethargy, or malaise (general feeling of being unwell, lack of energy, extreme tiredness)
- Myalgias (muscle aches or pain)
- Nausea, vomiting or diarrhea
- Sore throat (painful swallowing or difficulty swallowing)
- Runny nose
- Stuffy nose
- Headache
- For young children: decreased or lack of appetite

Other symptoms:

- Abdominal pain
- Conjunctivitis (pink eye)

COVID-19 Info-Line

905-688-8248 press 7 Toll-free: 1-888-505-6074
niagararegion.ca/COVID19

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What should I do if symptoms develop?

- If you begin having any new or worsening symptoms of COVID-19, you should self-isolate right away and get tested.
- 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.

Clean and disinfect

Clean and disinfect high touch surfaces (such as doorknobs, light switches, sink and toilet handles, and electronics) at least twice daily. Use a product that states it's a disinfectant and follow manufacturer's instructions.

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
- ✓ Cover your cough or sneeze
- ✓ Avoid sharing personal items
- ✓ Wash your hands often

Getting tested:



To book a COVID-19 test, call the Niagara Health Assessment Centre at 905-378-4647 ext. 42819 (4-CV19) or [book online](#)



For more information on getting tested visit niagararegion.ca/COVID19

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