

How to **SELF-MONITOR** for symptoms of COVID-19



Monitor daily for new symptoms including: **fever, cough, or difficulty breathing.**

Wash your hands regularly.

Sneeze into your sleeve or tissue.

Keep 6 feet of distance between yourself and others.

Do not share items with others, such as cigarettes or other substances.

WINDSOR-ESSEX COUNTY
HEALTH UNIT

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If you develop any symptoms of COVID-19:

- Talk to your shelter support worker or
- Call the WECHU at 519-258-2146 ext. 1420
- If you develop severe symptoms call 9-1-1

If you have been tested for COVID-19 the WECHU will contact you to provide you with your results.



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