COVID-19 INFORMATION

Self-Monitoring

Self-monitoring means that you should monitor or watch yourself for symptoms of COVID-19.

When should I self-monitor?

It is very important to monitor for symptoms if you:

- have travelled outside of the NWT;
- have had close contact with anyone who has travelled outside of the NWT in the past 14 days;
- have had close contact with anyone who is showing symptoms of COVID-19, is awaiting a COVID-19 test result, or has tested positive for COVID-19 in the past 14 days; or
- have been asked to self-monitor by a health care provider.

Symptoms of COVID-19

- Shortness of breath or difficulty breathing
- Fever
- New or worsening cough
- Loss of sense of smell/taste
- Generally feeling unwell
- Chills
- Muscle aches
- Fatigue or weakness
- Sore throat
- Congestion or runny nose
- Headache
- Diarrhea
- Nausea or vomiting
- Loss of appetite
- Abdominal pain
- Skin changes or rashes

Why should I self-monitor?

It is always a good idea to be aware of the symptoms for COVID-19. If you develop any of the symptoms above, please stay home and contact your health care provider so you can receive the right care and advice. By staying away from others when feeling unwell, you can potentially stop the spread of COVID-19 and save lives.

For more information, please visit www.gov.nt.ca/covid-19
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How long should I self-monitor?
You will need to monitor yourself for at least 14 days when you enter the NWT or since your last possible contact with COVID-19. If you still have symptoms after 14 days, you should continue to monitor yourself and let your health care provider know. Your health care provider may ask you to monitor for symptoms for longer than 14 days (e.g. if you are living with someone who has COVID-19).

What should I do if I develop symptoms or my symptoms worsen?
If you develop symptoms of COVID-19, self-isolate and contact your health care provider for next steps:

Yellowknife: 867-767-9120, or book online at www.nthssa.ca/appointments
Inuvik: 867-490-2225
Fort Smith: 867-621-2233 or 867-872-0562
Hay River: 867-874-8400 (between the hours of 08:30 and 16:30)
867-874-8050 (after hours Emergency Department)
Other: www.hss.gov.nt.ca/health-centres for local health centre information

Call 9-1-1 if your symptoms are severe (i.e. shortness of breath or difficulty breathing)

Continue with HEALTHY HABITS to protect yourself and your community
• Wash or sanitize your hands frequently, especially if touching your face
• Keep a physical distance of at least 2 metres (6 feet)
• Wear a mask when keeping distance is tough
• Keep crowds small and spaces large
• Stay home if you’re sick, even if your symptoms are mild
• Call your healthcare provider if you have any symptoms of COVID-19
• Self-isolate responsibly whenever required

Thank you for keeping the NWT safe!