

How to monitor your symptoms during quarantine and under self-observation at home.

Check your body temperature every day.

Observe your fever ($\geq 37.5^{\circ}\text{C}$) and respiratory symptoms (cough, sore throat, difficulty breathing) and signs of fever



If you have a fever accompanied by at least one of these symptoms, you are to inform a disease control officer immediately.



Record your health status every day in report system



Health care provider will monitor you every day

