

## You are not alone!

Our COVIDCare@Home team will help you recover at home.

We do this virtually:

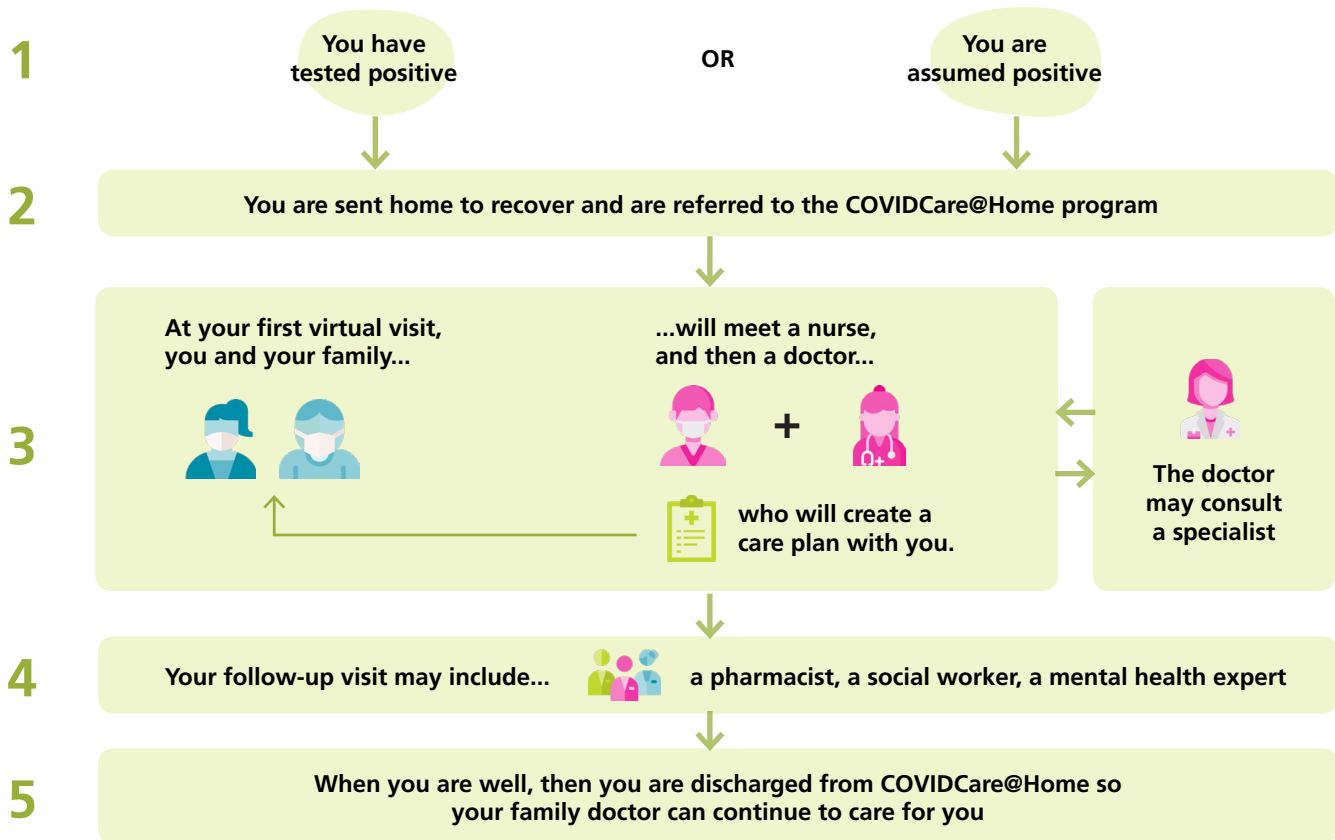


**Phone**  
(no internet required)



**Online**  
(using internet)

## How does COVIDCare@Home work?



## Preparing for an appointment

For a full guide on preparing for a virtual visit, go to <https://covidcareathome.ca/appointment.html>

### Before your visit

Take some time to write down:

- your key symptoms and when they began
- questions you'd like to ask

### The day of your visit

Leave some time (15-20 min) before your visit to get ready

- Take your measurements at rest before the call begins eg. temperature, O<sub>2</sub> saturation, blood pressure, heart rate
- Log in a bit early in case there are technical difficulties

## Contact

Telephone: 416-323-6199

[covidcareathome.ca](https://covidcareathome.ca)