

## HOW TO SELF-MONITOR

For contacts of cases and people who have travelled outside Canada while in self-isolation.

Follow the advice that you have received from your health-care provider. If you have questions or you start to feel worse:

- Contact your health-care provider
- Call 811
- Complete the COVID-19 Symptom Self Assessment tool by visiting [covid19.thrive.health](https://covid19.thrive.health)

### Monitor for symptoms for 14 days after exposure



Fever



Coughing



Difficulty breathing

Other symptoms may include: chills, cough, diarrhea, sore throat, runny nose

### What to do if you develop these or any other symptoms:

- Self-isolate immediately and contact your public health unit, your health-care provider or 811

#### To self-isolate, you will need:

- Instructions on how to self-isolate
- Supply of procedure/surgical masks (enough for 14 days)
- Soap, water and/or alcohol-based hand sanitizer to clean your hands
- Call ahead before you visit your health-care provider, avoid using public transportation such as SkyTrain, taxis and shared rides.
- After 10 days, if your temperature is normal and you feel better, you can return to routine activities. Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.

### Avoid public spaces

Avoid crowded public spaces and places where you cannot physically distance yourself from others.

### If you have travelled outside of Canada

All returning travellers or those who have been in contact with returning travellers are required to self-isolate for 14 days.

### LEARN ABOUT THE VIRUS

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others.

Learn more at [www.vch.ca/COVID19](https://www.vch.ca/COVID19)

*Adopted from BCCDC information (updated May 8, 2020).*