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

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