

How to self-monitor

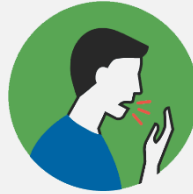
For contacts of cases and contacts of people who have travelled outside Canada

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, 8-1-1, your local public health, or complete the COVID-19 Symptom Self-Assessment tool by visiting [covid19.thrive.health](https://www.covid19.thrive.health).

Monitor for symptoms for 14 days after exposure



Fever*



Cough



Difficulty breathing

*Take and write down your temperature every day. Try not to use medicines that reduce fever, e.g. acetaminophen or ibuprofen. If you have taken acetaminophen or ibuprofen take your temperature at least 4 hours after your last dose of that medicine.

Other symptoms may include: Chills, pink eye, cough, diarrhea, fatigue, sore throat, runny nose

Avoid public spaces

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

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. Exact protocols may vary by geography.

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 subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

If you have travelled outside Canada

Stay isolated at home and maintain social distancing. Monitor for symptoms for 14 days.

CONTACT YOUR LOCAL PUBLIC HEALTH:

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19