How to self-monitor
For contacts of cases and people who have travelled outside of Canada who are in self-isolation
April 6, 2020

You may have been exposed to COVID-19 and you must monitor your symptoms for 14 days. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others. If you have questions, or you start to feel symptoms, contact your health care provider, 8-1-1, your local public health unit, or complete the COVID-19 Symptom Self-Assessment tool by visiting bc.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

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

If you have travelled outside Canada
Stay at home and maintain physical distancing. Monitor for symptoms for 14 days. Travellers returning from outside of Canada should consult federal travel guidance at canada.ca/covid19.

Contact your local Public Health unit
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

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If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.