If you are a contact of a COVID-19 case, you need to self-monitor for symptoms and self-isolate for 14 days.

What does it mean to self-monitor?
To self-monitor, each day you should record whether you have any of the symptoms listed on the second page of this handout. This should be done for 14 days from the date of exposure. This applies, even if you don't have symptoms.

What is self-isolation?
Self-isolation means that you need to stay home and avoid contact with others for 14 days. This applies, even if you don't have symptoms. Go to self-isolation on the BCCDC website for more information.

What if I develop symptoms?
- If you have mild symptoms that can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue to self-monitor and self-isolate at home for AT LEAST 10 more days. Please read “When can I return to my regular activities” below.
- Contact public health to notify them that you were a contact of a case and experiencing symptoms compatible with COVID-19. Find your local public health unit with the ImunizeBC Health Unit Finder.
- If your symptoms worsen, or if you are concerned, you can do the BC COVID-19 Symptom Self-Assessment Tool; or, call 8-1-1 any time of the day or night. Please do not go to a family doctor or walk-in clinic unless your symptoms worsen. If you do need to visit a family doctor, or walk-in clinic, please call ahead and tell them your symptoms, and that you had contact with a case of COVID-19.

Severe Symptoms require immediate attention.
Examples of severe symptoms include severe difficulty breathing (e.g. struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness). You should call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and you had contact with a COVID-19 case.

When can I return to my regular activities?
If you did NOT develop any symptoms, you can return to your routine activities after 14 days from your last contact with a COVID-19 case. This means you no longer have to continue to self-monitor and self-isolate.

If you developed respiratory symptoms and are at home, you can return to your routine activities (stop self-monitoring and self-isolating) when:

A. At least 10 days have passed since your symptoms started; AND
B. At least 72 hours have passed since you did not have a fever; AND
C. Any other symptoms (respiratory, gastrointestinal, and systemic) have gotten better. Symptoms are listed on page 2. Coughing may go on for several weeks, so a cough alone does not mean you need to continue to self-monitor and self-isolate.

If you are unsure whether you can stop self-monitoring or self-isolating, speak with a health care provider. You can call 8-1-1 any time of the day or night to speak with a nurse.
Daily Self-Monitoring Form for Contacts of a Case of COVID-19

Your Name: ____________________________________________________________

Local Public Health Unit Phone Number: __________________________________

Date you were exposed to a case of COVID-19: ______________________________

Take and record temperature daily and avoid the use of fever-reducing medications (e.g., acetaminophen/Tylenol, ibuprofen/Advil) as much as possible. These medications could mask early symptoms of COVID-19; if these medications must be taken, speak with your health care provider.

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