

How to self-monitor

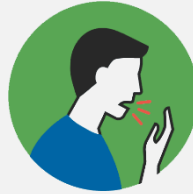
For contacts of cases and contacts of people who have travelled outside Canada

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).

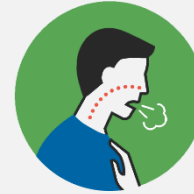
Monitor for symptoms for 14 days after exposure



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

You have been asked to self-isolate and self-monitor for symptoms of COVID-19 (novel coronavirus) for 14 days after contact with a case or after travel from an affected area.

Each day, please record any symptoms you are having on the form below. *It is especially important that you take your temperature each day with a thermometer and record it.* Do not share your thermometer.

If possible, do not take medications that may reduce fever (e.g. Tylenol/acetaminophen or Advil/ibuprofen). Consult a health care provider or pharmacist if you are not sure whether a medication will reduce a fever.

Some people who have been asked to self-isolate will be contacted each day by public health for symptom monitoring. Some people will not be contacted on a daily basis, but they are still asked to monitor and record symptoms daily. Please record your symptoms on this form whether or not you are contacted daily by public health.

If you develop any of the symptoms listed below, follow these directions:

- For severe symptoms (difficulty breathing, new confusion), please go to the nearest hospital or call 9-1-1 and let the health care providers know by phone before arrival that you are self-isolating due to risk of COVID-19.
- For milder symptoms, please arrange testing for COVID-19 by calling:
 - Your public health nurse or contact person, if you have been assigned one, according to the direction they have given you; or,
 - Your health care provider; or,
 - 8-1-1 (if you do not have a public health contact person assigned or a health care provider).

You should have also received a handout with information about how to self-isolate (avoid others). Please make sure you have read it and can follow the directions in it. It is especially important that you follow the self-isolation directions if you develop symptoms. If you have any questions, please contact your public health contact person or 8-1-1.

Date of Birth: _____

Personal Health Number: _____

Phone Number: _____

Monitoring Start Date (last day of contact with case or travel to an
affected area): _____

Monitoring End Date (Monitoring Start Date + 14 days): _____

Indicate the presence or absence of any of the symptoms below with a yes/no under the corresponding day and date.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
Symptoms														
Chills														
Conjunctivitis ("pink eye")														
Cough														
Diarrhea														
Fatigue														
Temperature (please record daily in °C)														
Sore throat														
Runny nose														
Shortness of breath/difficulty breathing														
Other (please list)														
Any medications taken for symptoms? Please list														