

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER








COUGH



DIFFICULTY BREATHING



SELF-MONITORING	SELF-ISOLATION	ISOLATION
 <p>You have:</p> <ul style="list-style-type: none"> ▶ no symptoms <p>AND</p> <ul style="list-style-type: none"> ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days 	<p>You have:</p> <ul style="list-style-type: none"> ▶ no symptoms <p>AND</p> <ul style="list-style-type: none"> ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19 	<p>You have:</p> <ul style="list-style-type: none"> ▶ symptoms, even if mild <p>AND</p> <ul style="list-style-type: none"> ▶ you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
 <p>SELF-MONITOR means to:</p> <ul style="list-style-type: none"> ▶ monitor yourself for 14 days for one or more symptoms of COVID-19 ▶ go about your day but avoid crowded places and increase your personal space from others, whenever possible 	<p>SELF-ISOLATE means to:</p> <ul style="list-style-type: none"> ▶ stay at home and monitor yourself for symptoms, even if mild, for 14 days ▶ avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic 	<p>To be ISOLATED means to:</p> <ul style="list-style-type: none"> ▶ stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others ▶ avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
 <p>You need to self-monitor if:</p> <ul style="list-style-type: none"> ▶ you have reason to believe you have been exposed to a person with COVID-19 <p>OR</p>  <ul style="list-style-type: none"> ▶ you are in close contact with older adults or medically vulnerable people <p>OR</p> <ul style="list-style-type: none"> ▶ you have been advised to self-monitor for any other reason by your Public Health Authority 	<p>Self-isolate if:</p> <ul style="list-style-type: none"> ▶ you have travelled outside of Canada within the last 14 days <p>OR</p> <ul style="list-style-type: none"> ▶ your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19 	<p>You need to isolate if:</p> <ul style="list-style-type: none"> ▶ you have been diagnosed with COVID-19 <p>OR</p> <ul style="list-style-type: none"> ▶ you are waiting to hear the results of a laboratory test for COVID-19 <p>OR</p> <ul style="list-style-type: none"> ▶ you have been advised to isolate at home for any other reason by your Public Health Authority
 <p>If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible</p>	<p>If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible</p>	<p>If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions</p>

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

 1-833-784-4397

 @canada.ca/coronavirus