



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to self-monitor

For contacts of cases and people who have travelled outside of Canada who are in self-isolation

May 22, 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 start to develop symptoms, even mild ones, get tested: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>

If you have questions or are unsure, contact your health care provider, call 8-1-1, or complete the COVID-19 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: Muscle aches, fatigue, sore throat, headache, loss of appetite, chills, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste.

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

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self-isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

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.

