

Self-Monitoring, Self-Isolation, Isolation

What's The Difference?

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 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 someone 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
	<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 practice social/physical distancing 	<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 	<ul style="list-style-type: none"> stay at home until your Public Health Authority says you are no longer at risk of spreading the virus avoid contact with other people to help prevent the spread of disease in your home and community
 	<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"> your Public Health Authority has advised you to self-monitor for any reason 	<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"> your Public Health Authority has advised you to isolate at home for any reason
	<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>