

KNOW THE DIFFERENCE: Self-Monitoring and Isolation



SELF-MONITORING

Self-monitor means to:

- 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 wherever possible.

You need to self-monitor if:

- You have reason to believe you have been exposed to a person with COVID-19,
OR
- You are in close contact with older adults or medically vulnerable people,
OR
- You have been advised to self-monitor for any other reason by your Public Health Authority.

If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible.

ISOLATION

To be isolated means to:

- 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.

You need to isolate if:

- If you have been diagnosed with COVID-19,
OR
- If you are waiting to hear the results of a laboratory test for COVID-19,
OR
- If your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19,
OR
- If you have been advised to isolate at home for any other reason by your Public Health Authority.

If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.

SYMPTOMS OF COVID-19



FEVER



COUGH



**DIFFICULTY
BREATHING**