

**Use this form if:**

- **You were exposed to a COVID-19 case.**
- **You returned from travel outside of Canada.** Unless you [are exempt](#), all travellers returning to Canada are required under the [Quarantine Act](#) to self-monitor and self-isolate for 14 days. Travellers returning to B.C. must also [submit a self-isolation plan](#) for approval prior to their return or upon arrival.

**What is self-isolation?**

Self-isolation means that you need to stay home and avoid contact with others for 14 days. This applies, even if you don't have symptoms. Go to [self-isolation on the BCCDC website](#) for more information.

**What is self-monitoring?**

Self-monitoring for COVID-19 means you pay attention to your health, and record daily your temperature and any of the symptoms listed on page 2. Self-monitor daily for 14 days from when you returned to Canada or were last exposed to a COVID-19 case. The [symptoms of COVID-19](#) are similar to other respiratory illnesses including the flu and common cold and can also include gastrointestinal symptoms such as nausea and vomiting.

**What if I develop symptoms?**

**Mild Symptoms**

- If you get sick, complete the [BC COVID-19 Symptom Self-Assessment Tool](#). The tool will help you understand what to do next or call 8-1-1 to speak with a nurse.
- If you have mild symptoms that can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue self-isolating for at least 14 days (see [When can I stop isolating?](#) below).

**Worsening Symptoms**

- If your symptoms worsen or if you are concerned, complete the [Self-Assessment Tool](#) again or call 8-1-1 any time.
- Examples include mild to moderate shortness of breath, inability to lie down because of difficulty breathing, any new chest pain and chronic health conditions that you are having difficulty managing because of difficulty breathing.
- **If your symptoms worsen, it is important to seek medical help early.** Please consult your family doctor or nurse practitioner. If you are unable to reach your regular care provider, seek care in a COVID-19 Assessment and Treatment Centre, [Urgent & Primary Care Centre \(UPCC\)](#) or Emergency Department. When going in person please call ahead and tell them your symptoms, and that you are self-isolating because of international travel or an exposure to a COVID-19 case.

**Severe Symptoms**

- **These symptoms require immediate medical attention.**
- Examples include severe difficulty breathing (e.g. struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness.
- Call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and you travelled outside of Canada or had contact with a COVID-19 case.

**When can I stop isolating?**

**If you did NOT develop any symptoms**, you can stop self-monitoring and self-isolating 14 days after international travel or your last exposure to a COVID-19 case.

**If you developed respiratory symptoms**, you can stop self-monitoring and self-isolating when:

- A. At least 10 days have passed** since your symptoms started **OR** 14 days from when you started self-isolating, whichever is longer; **AND**
- B. You have no fever; AND**
- C. Any other symptoms** (respiratory, gastrointestinal, and systemic) **have gotten better.** Symptoms are listed on page 2. Coughing may go on for several weeks, so a cough alone does not mean you need to continue to self-monitor and self-isolate.

Speak with a health care provider if you are unsure when to stop self-monitoring or self-isolating. You can call 8-1-1 any time to speak with a nurse.

## Daily Self-Monitoring Form for COVID-19

Name: \_\_\_\_\_

Date symptoms started (if applicable): \_\_\_\_\_

Self-monitoring Start Date: \_\_\_\_\_ (e.g., date arrived in Canada or date of last exposure to a COVID-19 case)

\* Avoid the use of fever-reducing medicines (e.g., acetaminophen/Tylenol, ibuprofen/Advil) as much as possible. Fever-reducing medicines could hide early symptoms; if these must be taken, speak with your health care provider.

Self-monitoring day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date (MM/DD)														
Daily temperature* (degrees Celsius)	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
NO SYMPTOMS ✓														
Pay attention to your health. If you develop any symptoms write <b>YES</b> or <b>NO</b> below for each symptom daily.														
Chills														
Conjunctivitis (pink eye)														
Cough														
Diarrhoea (loose stool/poop)														
Fatigue (tired)														
Runny nose														
Short of breath or difficulty breathing														
Sore throat														
Other (add in notes) loss of appetite, loss of taste or sense of smell, nausea & vomiting, muscle aches, headache, new chest pain etc.														

NOTES: