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

<table>
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<tr>
<th>SYMPTOMS OF COVID-19</th>
<th>SELF-MONITORING</th>
<th>SELF-ISOLATION</th>
<th>ISOLATION</th>
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<tr>
<td></td>
<td><img src="https://via.placeholder.com/150" alt="FEVER" /></td>
<td><img src="https://via.placeholder.com/150" alt="COUGH" /></td>
<td><img src="https://via.placeholder.com/150" alt="DIFFICULTY BREATHING" /></td>
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</table>

#### SELF-MONITORING
- You have:
  - no symptoms
  - AND
  - a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days

**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, whenever 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

#### SELF-ISOLATION
- You have:
  - no symptoms
  - AND
  - 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

**SELF-ISOLATE** means to:
- **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

**Self-isolate if:**
- you have travelled **outside of Canada** within the last 14 days
- OR
  - your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your Public Health Authority as soon as possible

#### ISOLATION
- You have:
  - symptoms, even if mild
  - AND
  - you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19

**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:**
- you have been diagnosed with COVID-19
- OR
  - you are **waiting to hear the results** of a laboratory test for COVID-19
- OR
  - 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**

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

- **1-833-784-4397**
- canada.ca/coronavirus
- phac.info.aspc@canada.ca

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**Public Health Agency of Canada**

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**Agence de la santé publique du Canada**