

Self-monitor, Self-isolate, and Isolation for COVID-19

Self-Monitor

You must **self-monitor** if you:

- Feel healthy. You have no fever, cough, or breathing problems.

AND

- Maybe were near a person with COVID-19 in the last 14 days

When you **self-monitor**, you:

- Check your health for 14 days. Do you feel healthy?
- Go shopping, go to work, and take the bus
- Stay 2 metres from other people

You must **self-monitor** if:

- You were near a person with COVID-19
OR
- You visit older adults or people who are not healthy
OR
- You called 811 and they told you to self-monitor

Do you have a new fever, cough, or breathing problems? Maybe they are small.

Take the [COVID-19 online self-assessment questionnaire](#). This will tell you when to call 811.

Self-Isolate

You must **self-isolate** if you:

- Feel healthy. You have no fever, cough, or breathing problems.

AND

- Travelled outside of Canada, or outside of Nova Scotia
- Maybe were near a person with COVID-19

When you **self-isolate**, you:

- Stay at home and check your health for 14 days
- Stay 2 metres away from other people

You must **self-isolate** if:

- You travelled **outside of Canada** or **outside of Nova Scotia** in the last 14 days
OR
- You got a call from Public Health Nova Scotia. They tell you that you were near a person with COVID-19.

Do you have a new fever, cough, or breathing problems? Maybe they are small.

Isolate yourself from other people now.

Call 811 now.

Isolate

You must **isolate** if:

- You have a new fever, cough, or breathing problems. Maybe they are small.
AND
- You had a COVID-19 test. The test says you have COVID-19.
- You are waiting for your COVID-19 test results.
- The Nova Scotia Health Authority told you to isolate.

When you **isolate**, you must:

- Stay home. The Nova Scotia Health Authority will tell you when you are finished with the virus.
- Stay away from people. This stops COVID-19 in your home and your community.
- Stay away from older adults or people who have health problems.

If your fever, cough, or breathing problems get worse, **call 811 now**. Follow their instructions.

Everybody in Nova Scotia can help stop COVID-19.

Read [this](#) for more information, from the Government of Canada.

Visit Canada.ca/coronavirus or call [1-833-784-4397](tel:1-833-784-4397)

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

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

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**

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

📞 1-833-784-4397

@ canada.ca/coronavirus