

# COVID-19 DAILY HEALTH CHECK

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others.

If you or your child have any of the symptoms listed below, follow the instructions.

## SYMPTOMS

## WHAT TO DO

- Fever (above 38°C)
  - Chills
  - Cough
- Loss of sense of smell or taste
  - Difficulty breathing
- (Symptoms are not related to a pre-existing condition (i.e. asthma))

**1** or more of these symptoms:  
**Get tested and stay home.**

- Sore throat
  - Loss of appetite
  - Headache
  - Body aches
- Extreme fatigue or tiredness
  - Nausea or vomiting
  - Diarrhea
- (Symptoms are not related to a pre-existing condition (i.e. asthma))

If you have **1** symptom:  
**Stay home until you feel better.**

**2** or more of these symptoms:  
**Stay home and wait 24 hours to see if you feel better.**  
**Get tested if not better after 24 hours.**

If you are a **close contact\*** of someone who has COVID-19 and have any of the symptoms listed above:

**Get tested and stay home.**

Check your symptoms with the B.C. Self-Assessment Tool.

If you have any questions, or the symptoms get worse, contact your healthcare provider or call 8-1-1.

\* You will be notified if you are a close contact. For more information on close contacts, go to <http://www.bccdc.ca/covid19closecontacts>

For more information on COVID-19, go to [www.bccdc.ca](http://www.bccdc.ca)

If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, **call 9-1-1 or go to the nearest Emergency Department.**

### International Travel

Have you returned from travel outside Canada in the last 14 days?

If "Yes", use the COVID-19 Self-Assessment Tool to determine if you should seek testing for COVID-19.