**We Can All Do Our Part in Preventing the Spread of COVID-19.**

For more information:
1-833-784-4397
canada.ca/coronavirus

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**Self-Monitoring**

- No symptoms *AND* a history of possible exposure to the novel coronavirus that causes COVID-19 in the last 14 days

**Self-Isolation**

- 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.

**Isolation**

- 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.

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**Know the Difference: Self-Monitoring, Self-Isolation, and Isolation for COVID-19**

**Symptoms of COVID-19**

- Fever
- Cough
- Difficulty breathing

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