

COVID-19

CDC Daily Health Check Information

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

KEY SYMPTOMS

- Fever (above 38° C)
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

1 or more of these symptoms:

Get tested and stay home.

OTHER SYMPTOMS

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

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

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.**