HELP REDUCE THE SPREAD OF COVID-19

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):

- Follow the advice of your local public health authority.
- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Try not to touch your eyes, nose or mouth.
- Avoid close contact with people who are sick.
- Cough and sneeze into your sleeve and not your hands.
- Stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m).

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.

- FEVER (greater or equal to 38 °C)
- COUGH
- DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS

- Isolate at home to avoid spreading illness to others.
- Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.
- Call ahead before you visit a health care professional or call your local public health authority.
- If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397  canada.ca/coronavirus