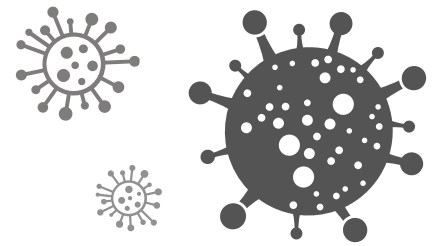


Coronavirus (COVID-19)

Do I need to self-isolate?



YOU MUST SELF-ISOLATE IF:



- You have COVID-19 or are waiting for COVID-19 test results **OR**
- You have symptoms of COVID-19, even if mild **OR**
- You have been in close contact with someone who has symptoms of COVID-19 or within 48 hours before their symptoms began **OR**
- You have returned from travel outside of Canada **OR**
- You have been in contact with someone who has recently travelled outside of Canada

It is recommended you self-isolate if:

You are 70+ years of age

OR

You have a pre-existing health condition

OR

You have a compromised immune system

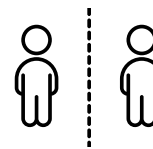
WHAT IS SELF-ISOLATION?

Self isolation means separating yourself from others to prevent the spread of COVID-19.

- If you have symptoms of COVID-19: you **MUST** stay **INSIDE** your home except to seek medical attention
- If you must self-isolate and have no symptoms of COVID-19: you must stay at your home (i.e., your house or apartment unit, your balcony, your yard)



Do not have visitors unless for health reasons



Avoid contact with people you live with



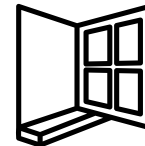
Ask friends or family to run errands for you



Use a separate bedroom and bathroom if possible



Clean high touch objects and surfaces often



Open a window for air flow

Symptoms of COVID-19

Symptoms can range from mild to severe, and can lead to serious conditions, like pneumonia or kidney failure and, in some cases, death.

- Fever
- Cough
- Difficulty breathing
- Muscle aches

- Fatigue
- Headache
- Sore throat
- Runny nose

TO LEARN HOW LONG TO SELF-ISOLATE OR FOR MORE INFORMATION: CALL THE HEALTH UNIT AT 1-800-563-2808

IF YOU NEED IMMEDIATE MEDICAL ATTENTION, CALL 911