

# CORONAVIRUS DISEASE (COVID-19)

You have symptoms that may be due to COVID-19.

## SELF-ISOLATE FOR THE NEXT 14 DAYS AFTER YOUR RETURN FROM TRAVEL OUTSIDE OF CANADA

- ▶ Clean your hands and put on the mask provided to you. Keep the mask on as much as possible while in all public settings.
- ▶ Practise social distancing (maintain a distance of 2 metres from others).
- ▶ Go immediately home or to the identified location, and remain there for the duration of the isolation period.
- ▶ Take private transportation to get to your place of isolation.
  - If you do not have private transportation, a Public Health Agency of Canada representative will discuss options with you.

## WHEN IN SELF-ISOLATION, FOLLOW THE INSTRUCTIONS PROVIDED

The instructions are also available at:

[www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html](http://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html)

## CONTINUE TO MONITOR YOUR HEALTH



FEVER



COUGH



DIFFICULTY  
BREATHING

**If your symptoms get worse** (persistent cough, shortness of breath, or fever equal or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating).

- ▶ call the public health authority in the province or territory where you are located (see back of sheet), or
- ▶ visit the provincial or territorial public health website for information.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

## PREVENTION



self-isolate



wash your hands



avoid touching your face



avoid contact with sick people



cover your mouth



clean and disinfect surfaces regularly

## PUBLIC HEALTH AUTHORITIES

PROVINCES AND TERRITORIES	TELEPHONE NUMBER	WEBSITE
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-888-315-9257	<a href="http://www.manitoba.ca/covid19">www.manitoba.ca/covid19</a>
Ontario	1-866-797-0000	<a href="http://www.publichealthontario.ca">www.publichealthontario.ca</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunswick	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.nshealth.ca/public-health">www.nshealth.ca/public-health</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland and Labrador	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nunavut	867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	911	<a href="http://www.hss.gov.nt.ca">www.hss.gov.nt.ca</a>
Yukon Territory	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>

## FOR MORE INFORMATION:

 1-833-784-4397

 [canada.ca/coronavirus](https://canada.ca/coronavirus)