CORONAVIRUS DISEASE (COVID-19)

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

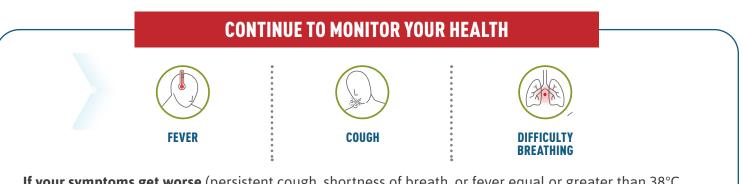
SELF-ISOLATE FOR THE NEXT 14 DAYS AFTER YOUR RETURN FROM TRAVEL OUTSIDE OF CANADA

- 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



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 AUTHORITIES

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

FOR MORE INFORMATION:

@ canada.ca/coronavirus

