

CORONAVIRUS DISEASE (COVID-19)

WHILE OUTSIDE OF CANADA, YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

For the next **14 days**:



self-isolate
(stay home and
keep your distance
from others)



do not have visitors,
especially older
adults or those with
medical conditions,
who are at a higher
risk of developing
serious illness



monitor your health
for **fever (greater
or equal to 38°C),
cough and difficulty
breathing**



wash your hands
often with soap and
warm water for
20 seconds, or use
an alcohol-based
hand sanitizer if
soap and water are
not available



cover your mouth
and nose with your
arm when coughing
or sneezing

MONITOR YOUR HEALTH



FEVER



COUGH



**DIFFICULTY
BREATHING**

IF YOU START HAVING SYMPTOMS OF COVID-19



Separate yourself from others as soon as you have a symptom of COVID-19.



Visit the provincial or territorial public health website where you are located for more information, including when to contact your public health authority.



PREVENTION



wash your hands



avoid touching your face



avoid contact with sick people



cover your mouth



stay home



clean and disinfect surfaces regularly

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:

 1-833-784-4397

 canada.ca/coronavirus