

PREVENTING THE SPREAD OF COVID-19 IF YOU ARE SICK



Fever



Cough



Breathing difficulty

If you have fever, sore throat, runny nose, difficulty breathing or if you have reason to believe that you are sick with COVID-19, follow the steps below to protect people in your home and community.

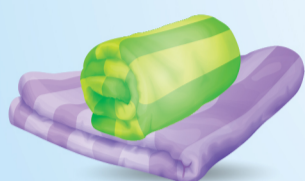
Practice Home Quarantine



Try to stay in a separate room with a separate bathroom.



Restrict contact with family members.



Do not share utensils, towels, beddings, etc. with other people.



Wash these thoroughly after each use with soap and water.

Wear a facemask to prevent spread of infection to others



Do not touch the front of the mask while removing.



Dispose masks after 6 hours or as soon as they get wet.



Cover your coughs and sneezes with a tissue.



Dispose tissues carefully in a bin.

Clean your hands frequently



Wash hands with soap & water for at least 20 seconds before eating, after using the washroom, after blowing your nose, sneezing or coughing.



Use a hand sanitizer with more than 60% alcohol content to clean your hands thoroughly if soap and water are not available.

Clean all 'high-touch' surfaces frequently



Use a soap with water or another detergent to clean your isolation room and athroom everyday.



Ask a caregiver to clean the rest of the house as well.



High-touch surfaces include phones, remote controls, doorknobs, tabletops, kitchen counters, taps, toilets and bedside tables.

Monitor your symptoms



Seek medical care if your symptoms are worsening. Call before going to the doctor.

Prevent spread of infection when outside



While visiting a doctor, call in advance to give time to the doctor to prepare.



Wear a mask while traveling.



Do not travel by public transport or shared taxis.

Maintain at least 3 feet of distance from other people.

