

# 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

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