

# WHAT SHOULD PEOPLE DO IF THEY THINK THEY HAVE THE VIRUS?

One should immediately self-isolate at home for **10 DAYS FROM ONSET OF SYMPTOMS**. If symptoms continue beyond 10 days, one should continue self-isolation until symptoms resolve.

- DO NOT go outside for any reason.
- Avoid physical contact with other members in the household.
- NO sharing of utensils, cups/glasses or food.
- CALL 811 immediately to determine if testing is already indicated.
- Watch signs and symptoms closely.
- Stay active, eat well, get enough rest and sleep.



IF YOU FEEL SICK  
STAY AT HOME  
AND CALL THE LOCAL  
HEALTHCARE DEPARTMENT



DO NOT SHARE  
PERSONAL OBJECTS  
AND HOUSEHOLD ITEMS



ISOLATE YOURSELF  
IN A ROOM AND  
DO NOT MEET PEOPLE



MONITOR YOUR SYMPTOMS



TAKE CARE OF YOUR  
EMOTIONAL HEALTH

## WHEN SHOULD SOMEONE SEEK MEDICAL ATTENTION?

If someone develops any of the following signs & symptoms:

- a fever/temperature of 38 degrees celcius or higher
- cough
- shortness of breath or difficulty breathing
- loss of sense of smell
- extreme weakness/exhaustion/fatigue
- loss of appetite

**SEEK MEDICAL ATTENTION IMMEDIATELY**

