

# 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](http://www.bccdc.ca/covid19)

**Alberta**

811

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

**Saskatchewan**

811

[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)

**Manitoba**

1-888-315-9257

[www.manitoba.ca/covid19](http://www.manitoba.ca/covid19)

**Ontario**

1-866-797-0000

[www.publichealthontario.ca](http://www.publichealthontario.ca)

**Quebec**

1-877-644-4545

[www.quebec.ca/coronavirus](http://www.quebec.ca/coronavirus)

**New Brunswick**

811

[www.gnb.ca/publichealth](http://www.gnb.ca/publichealth)

**Nova Scotia**

811

[www.nshealth.ca/public-health](http://www.nshealth.ca/public-health)

**Prince Edward Island**

811

[www.princeedwardisland.ca/covid19](http://www.princeedwardisland.ca/covid19)

**Newfoundland and Labrador**

811 or 1-888-709-2929

[www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19)

**Nunavut**

867-975-5772

[www.gov.nu.ca/health](http://www.gov.nu.ca/health)

**Northwest Territories**

911

[www.hss.gov.nt.ca](http://www.hss.gov.nt.ca)

**Yukon Territory**

811

[www.yukon.ca/covid-19](http://www.yukon.ca/covid-19)

## FOR MORE INFORMATION:

 1-833-784-4397

 [canada.ca/coronavirus](https://canada.ca/coronavirus)