

What should I do if I might have been exposed?

What should I do if I feel sick?

What should I do if I have a confirmed COVID-19 infection?

COVID-19

SAFETY ADVICES

If you might have been exposed

Self-Monitor

Be alert for symptoms. Watch for fever, cough or shortness of breath. Take your temperature. and follow prevention tips. Act as if you have tested positive to protect your family and community, until you know different.



Fever



Cough



Shortness
of Breath

If you feel healthy or sick

Self-Quarantine

Check your temperature twice a day and watch for symptoms. Stay home for 14 days and self-monitor. If at all possible, stay away from people who may be at high risk for getting very sick.



Check Temp



Avoid contacts with
other people



Stay at home

If you have symptoms or a diagnosis

Self-Isolate

Stay in a specific sick room, away from people if possible. Use a separate bathroom and follow your health provider's guidance.

Prevention



Wear a mask



Don't touch face



Wash your hands



Avoid handshaking



Avoid contacts with
animals



Avoid travelling



Keep objects clean



Cover your mouth
with elbow



Practice social
distancing



Put tissues in
the trash



Maintain a healthy
diet



Cover your nose
and mouth