

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

FOR MORE INFORMATION:

 1-833-784-4397

 canada.ca/coronavirus