

## SYMPTOMS

Symptoms are similar to a regular cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19, and may include:

- Fever
- Cough
- Difficulty breathing

## WHAT YOU CAN DO TO PROTECT YOURSELF

**Wash your hands thoroughly.** Make sure to wash your hands before you touch your face or eat or drink anything, preparing food and after coughing or sneezing.



Remove any rings and jewelry.



Wet and lather your hands and wrists with soap for at least 30 seconds. Make sure to get between your fingers, palms and the back of each hand.



Rinse thoroughly with running water.



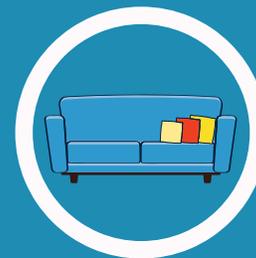
Dry your hands and turn off the tap with the towel.



Cough and sneeze into your elbow or tissue - throw away the used tissue immediately.



Avoid touching your eyes, nose or mouth to limit the spread of germs.



Stay home or keep your distance if you are ill or not feeling well.

If you have symptoms similar to those listed for COVID-19, contact your local Public Health Authority.

Stay up-to-date with the latest information by visiting the Government of Canada Public Health website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>