

# HELP REDUCE THE SPREAD OF COVID-19

## TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):



follow the advice of your local public health authority



wash your hands often with soap and water for at least 20 seconds



use alcohol-based hand sanitizer if soap and water are not available



try not to touch your eyes, nose or mouth



avoid close contact with people who are sick and practice social distancing



cough and sneeze into your sleeve and not your hands



avoid non-essential travel outside Canada and consult travel health notices

## SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



### FEVER

(greater or equal to 38°C)



### COUGH



### DIFFICULTY BREATHING

## IF YOU HAVE SYMPTOMS OR HAVE RECENTLY TRAVELLED OUTSIDE CANADA



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

## FOR INFORMATION ON COVID-19:

📞 1-833-784-4397

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



Public Health  
Agency of Canada

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