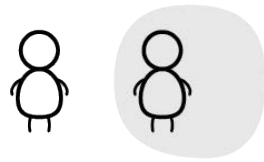


# What to do if you might have COVID-19



14 days

You need to **self-isolate for 14 days** because of

- Symptoms of COVID-19, or
- Risk factors (travel/contact), and/or
- You have been tested for COVID-19.

**Don't go to work.  
Send this as  
your sick note  
if needed.**

Only some people get seriously ill. You may feel sick (like the flu)

If you don't stay home you could infect many many people, including older adults, friends, and neighbours. **You can save lives by staying home.**

## What you can do to feel better



Drink **enough fluids**



For sore throat  
Eat **soft foods**  
(soup / smoothies)



Take **6 long, slow, deep breaths a few times** a day to open the lungs



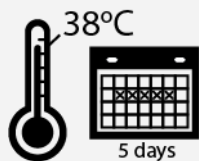
If congested  
**Elevate your head** when sleeping

## Medications you can safely take



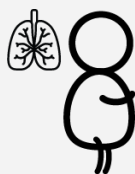
You should feel better in 7 to 14 days

## What if you feel worse?



Fever over **38°C (100.4°F)** for **5+ days**

OR



Worse **shortness of breath**, even when walking

OR



Feel **too sick to get up** or even watch TV

THEN



**CALL**

## Additional Resources: