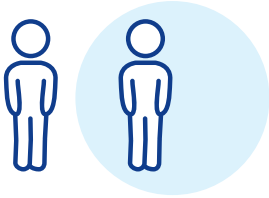


What to do if you might have COVID-19

Don't go to work



You need to self-isolate

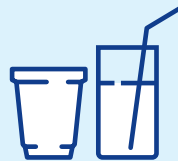
- If close contact with someone sick or recent travel: 14 days
- If you have symptoms: Minimum 7 days and 2 days without symptoms
- If you were tested: Isolate until you are advised by public health

Most people feel sick (like the flu) and recover well. Only some people get seriously ill.

You can save lives by staying home.

What you can do to feel better

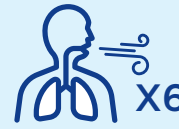
You should feel better in 7 to 14 days



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



Acetaminophen:

(325 mg x 2) or (500 mg x 2) every 6 hours by mouth (for adults)

What if you feel worse



Fever over 38° (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

Telehealth toll-free at 1 (866) 797-0000

Thunder Bay District Health Unit at (807) 625-5900 or toll-free at 1-888-294-6630



Thunder Bay Regional
Health Sciences
Centre

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En santé
ensemble