



You are coming back to your community – prevent COVID-19 spread.

Please follow these precautions for **14 days** following your arrival.

Stay at home

- Do not go to work.
- Avoid gatherings.
- Do not visit other people or have people visit you.
- Have someone get your groceries for you.
 - If you live alone or if everyone in your house is under investigation you can contact your local grocery for delivery services
- Air out the home, especially the common areas (living room, kitchen, washroom), by opening the windows (weather- and temperature- permitting).
- You may go out on the land or outside for a walk, but you must respect a distance of 2 m of others at all time.

Wash your hands often

- Wash your hands with soap and water, for at least 20 seconds.
- If there is no soap or water available, use a hand sanitizer containing at least 70% alcohol.
- Wash your hands before and after eating, before and after going to the toilet, and every time your hands appear dirty.
- If you have an animal, wash your hands after handling.

Do not share your personal objects

- Do not share plates, utensils, glasses, mugs, towels, sheets, clothes or any other object.

Contact the COVID info health line - [1 888 662 7482](tel:18886627482) - if the following symptoms appear:

- Fever (More than 38 °C or 100.4 °F) or chills;
- Cough;
- Shortness of breath, difficulty breathing, or chest pain;
- You lose the sense of smell.

In any case, call the COVID line or the nurse on call BEFORE you go to the CLSC