Attention! Protect Yourself and Others

Are you experiencing **any new or worsening** symptoms, as listed below, which are not related to any known condition(s) you have?

Do you have any of these symptoms?







Cough



Shortness of breath



Decrease or loss of smell or taste

Do you have 2 or more of these symptoms?



Runny nose or nasal congestion

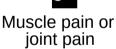


Headache



Extreme fatigue







Gastrointestinal symptoms (ex. nausea, vomiting, diarrhea)



Sore throat



STOP. Do not enter. Stay home if feeling ill.



Stay home and self-isolate until ALL of the following apply – no fever, symptoms have been improving for at least 24hrs (48hrs for gastrointestinal symptoms), and no development of additional symptoms.

For 10 days after symptom onset, avoid all non-essential activities and visits to high-risk settings/individuals, and wear a well-fitted mask.

If you develop SEVERE symptoms (ex. shortness of breath or chest pain), call 911 immediately and seek medical attention.



Follow guidance at https://www.ontario.ca/page/public-health-measures-and-advice

For more information on COVID-19, please visit https://www.tbdhu.com/coronavirus or call 807-625-5900, toll-free 1-888-294-6630