

What you should know about

COVID-19

(coronavirus)



SYMPTOMS INCLUDE:



Fever



Cough



Difficulty Breathing

Call 811 if you are experiencing any of these symptoms

How to protect yourself and others:

Do not attend mass gatherings

Since respiratory viruses are spread through contact, change your regular greeting. Instead of a handshake, a kiss or a hug, a friendly wave or elbow bump is less likely to expose you to respiratory viruses.



Wash hands often



Elbow cough/sneeze



Avoid touching, eyes, nose, mouth with hands



Cough in tissues and throw them away



Stay home if you are sick



Avoid contact with sick person



Travel Notice

Stop all non-essential travel outside of Canada.

Self-isolate for 14 days following all international travel, including the US.

Upon return, call 811 if you have symptoms.

You will be contacted with further information to receive COVID-19 testing

As always, we encourage you to take the following precautions to avoid the spread of germs during cold and flu season:

- wash your hands often with soap and water for at least 20 seconds.
- use soap immediately before handling any food or beverages.
- use hand sanitizer if you can't wash.
- avoid touching your eyes, nose or mouth, especially with unwashed hands.
- politely refrain from shaking hands to reduce the risk of spreading infection.
- wipe down your workstations, computers, doorknobs, debit machines, desk and mobile phones, etc.
- avoid close contact with people who are sick.
- cough and sneeze into your sleeve and not your hands.
- stay home if you are sick to avoid spreading illness to others
- consult with your healthcare provider as needed.

For accurate up-to-date information If you have general questions about COVID-19 call

1-800-958-6400

For the latest local information visit: princeedwardisland.ca/covid19