

## COVID-19 Patient Information Sheet

1. Self-isolate yourself at home until you are contacted by Public Health with your results and they will advise you on next steps.
2. Drink plenty of fluids.
3. Wash your hands with soap and water or alcohol-based hand sanitizer regularly.
4. Avoid touching your face.
5. Cough into your sleeve or into tissues and dispose of them and wash your hands.
6. If you must be in a public space, wear a surgical mask (do not share your mask with others to avoid making them sick) and stay away from crowds.
7. **Call 811 for advice on where to seek healthcare** if your symptoms worsen and/or you experience any of the following:
  - Difficulty breathing
  - Chest pain
  - Palpitations or rapid heart rate
  - Confusion
  - Dizziness or faintness
  - For children: Irritability, working harder to breathe, breathing faster than normal, acting differently, low energy
8. **If your symptoms are severe, call 911.**