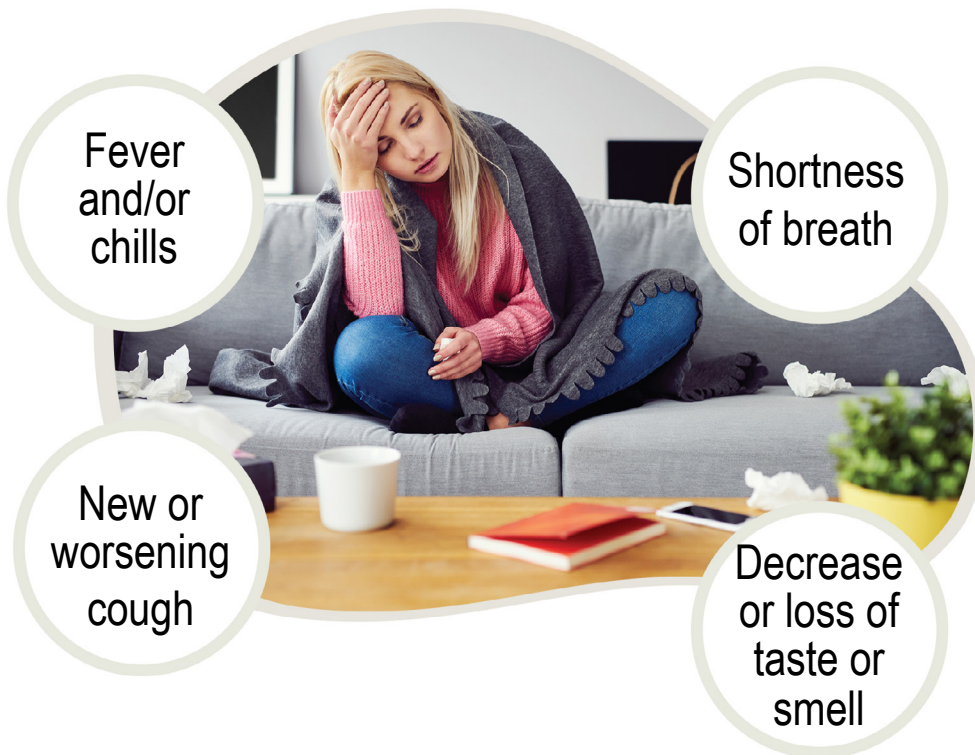


# STOP THE SPREAD. TO PROTECT OTHERS FROM COVID-19.

STAY HOME WHEN SICK. EVEN A MILD SYMPTOM IS A SYMPTOM.



## OTHER SYMPTOMS OF COVID-19:

- Extreme fatigue (feeling unwell, lack of energy, extreme tiredness)
- Muscle aches and/or joint pain
- Nausea, vomiting and/or diarrhea
- Sore throat
- Runny nose or stuffy nose
- Headache
- Stomach pain
- Pink eye
- Decreased or no appetite (young children only)

If you are experiencing any COVID-19 symptoms (or cold or flu) stay home and self-isolate until you have no fever and your symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting and/or diarrhea).



## For 10 days from when symptoms began:

- Wear a well-fitted mask in all public settings (including school and child care)
- Stay away from those at **higher risk** of severe illness (e.g. immunocompromised, pregnant persons and seniors)
- Avoid non-essential visits to high-risk settings such as long-term care homes and hospitals
- Avoid non-essential activities where you need to take off your mask