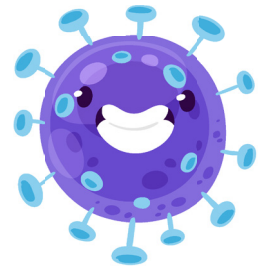


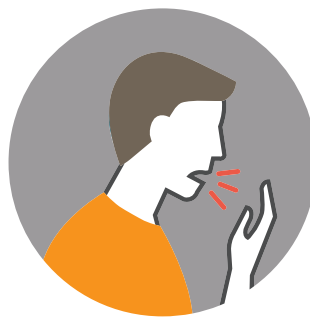
Key symptoms to look out for



Symptoms can range from mild illness to severe illness and death. **The following symptoms may appear 2-14 days after exposure:**



Fever



Cough



Shortness of breath

If you develop **emergency warning signs** for COVID-19 **get medical attention immediately.** Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



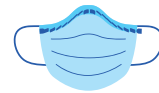
What to do if you think you have **coronavirus**



Visit your doctor ASAP. Call ahead before visiting. This will help them take steps to keep other people from getting infected or exposed.



Stay home except to seek medical assistance. Don't go to public places e.g. work or shopping centres. Separate yourself from other people in your home. Use a separate bathroom, if available.



Wear a face mask (if you have one) before you enter a healthcare provider's office and if you are around other people.



Cover your coughs and sneezes with a tissue. Dispose of used tissues immediately and wash your hands after coughing/sneezing with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Avoid touching your eyes, nose, and mouth with unwashed hands.

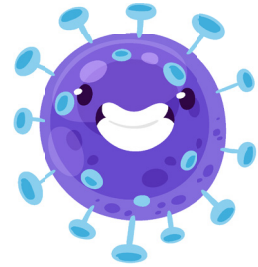


Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).



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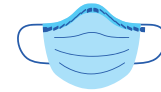
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