

Fact Sheet: Reducing the spread of COVID-19

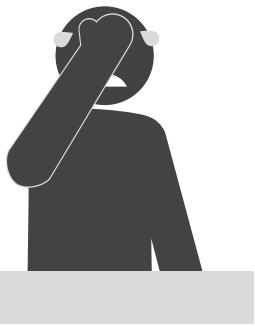
Please follow these simple steps to help reduce the spread of COVID-19

If you have symptoms:



Self-isolation recommended

- Stay home
- Do not go out in public, or go shopping
- Do not have visitors



Monitor for symptoms

- fever
- cough
- difficulty breathing
- sore throat/hoarse voice
- difficulty swallowing
- loss of sense of smell or taste
- fatigue
- muscle aches
- runny nose
- loss of appetite
- diarrhea
- nausea or vomiting
- conjunctivitis

For seniors, there are additional symptoms, including:

- chills
- delirium with no other obvious reason falls
- acute functional decline
- increased heart rate
- decreased blood pressure

For young children additional symptoms include:

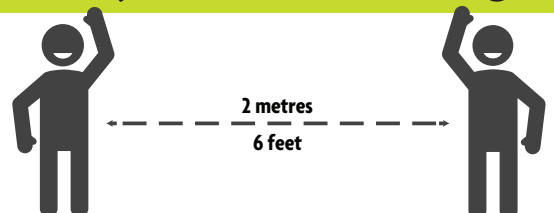
- sluggishness
- lack of appetite



Report symptoms

- PHU COVID-19 Info Line: 1-800-461-1818
- Telehealth: 1-866-797-0000

Physical Distancing



Protect yourself and others

- stay at home
- wash your hands
- avoid touching your face
- clean surfaces
- practice physical distancing