

Public Health Measures

Before making plans to participate in activities outside of your home:

[Screen](#) yourself for symptoms. If you have any symptoms, stay home, self-isolate and contact your local [Assessment Centre](#), the health unit or your health care provider to arrange testing.

Symptoms

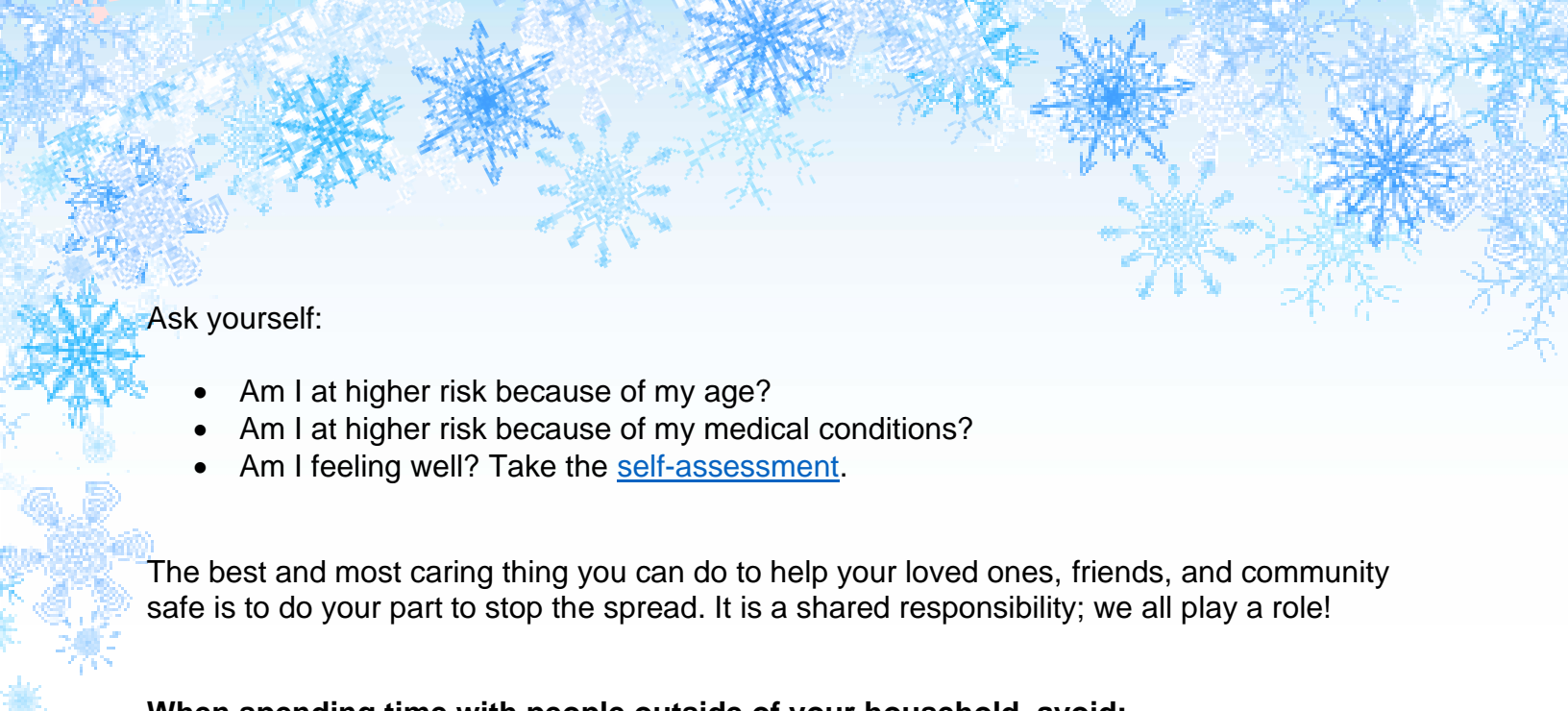
Symptoms range from mild — like the flu and other common respiratory infections — to severe, and can include fever, new or worsening cough, shortness of breath, sore throat/hoarse voice, difficulty swallowing, loss of sense of smell or taste, nausea, vomiting, diarrhea, abdominal pain, runny nose, or nasal congestion.

Atypical symptoms commonly found in children, seniors, and individuals living with a developmental disability can include unexplained fatigue or malaise, muscle aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of current chronic conditions, chills, headaches, croup, conjunctivitis, multisystem inflammatory vasculitis (in children).

Take these everyday steps to reduce exposure to the virus and protect your health:

- Wash your hands often with soap and water.
- Use alcohol-based sanitizer.
- Maintain a physical distance of 2 metres between yourself and others.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose, or mouth.
- Avoid contact with people who are sick.
- Stay home if you are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Wear a face mask in indoor public spaces.
- Wear a non-medical mask or face covering when indoors and outdoors if physical distancing is a challenge.

Certain people are at a higher risk for severe complications from COVID-19.



Ask yourself:

- Am I at higher risk because of my age?
- Am I at higher risk because of my medical conditions?
- Am I feeling well? Take the [self-assessment](#).

The best and most caring thing you can do to help your loved ones, friends, and community safe is to do your part to stop the spread. It is a shared responsibility; we all play a role!

When spending time with people outside of your household, avoid:

- Crowded places.
- Plan activities where physical distance can be maintained and wear a face covering.
- Close contact settings.
- Close contact social interactions should only occur with your immediate household members.
- Confined and enclosed spaces with poor ventilation.
- As much as possible, plan activities outdoor.