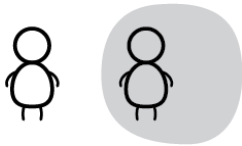


[Hospital/clinic Name Here]

What to do if you might have COVID-19

Don't go to work.
Send this as
your sick note



You need to self-isolate:

- **If you had close contact with someone sick or recent travel:** for 14 days
- **If you have symptoms:** for 14 days from when symptoms started
- **If you were tested:** until you hear from public health on what to do

Most people feel sick (like the flu) and recover well. Only some people get very sick.
You can save lives by staying home.

What you can do to feel better



Drink **fluids**



For sore throat
Eat **soft foods**
(soup / smoothies)



Take **6 long, deep breaths** a few times a day



If congested
lift your head when sleeping

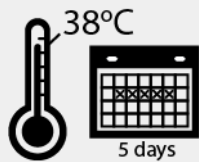
Medications you can safely take



Acetaminophen (Tylenol):
(Adults) Every 6 hours take two 325 mg tablets
OR
take two 500 mg tablets

You should feel better in 14 days

What if you feel worse?



Fever over **38°C (100.4°F)** for **5 days**

OR



Shortness of **breath**, even when walking

OR



Feel **too sick to get up** or watch TV

THEN



CALL
Telehealth
1-866-797-0000

Additional resources:

Public Health Ontario COVID-19
<https://bit.ly/covidphontario>