



HAD A RECENT COVID-19 INFECTION & ARE A CLOSE CONTACT WITH SOMEONE WITH COVID-19:



If you had a COVID-19 infection in the last 90 days in Canada, you do not need to self-isolate unless directed by public health.



Monitor for symptoms* of COVID-19 – self-isolate & get tested if you get a symptom.



Wear a mask & keep a physical distance when outside your home.



Avoid crowded settings. Limit contact with seniors and people with health conditions.

*Fever, chills, cough, trouble breathing, decrease or loss of taste or smell, nausea, vomiting or diarrhea, tired, sore muscles or joints, sore throat, runny or stuffy nose, abdominal pain, headache, pink eye, decrease or lack of appetite.