PLEASE READ CAREFULLY

Coronavirus Disease 2019 (COVID-19)

For all travellers returning to Canada

Welcome home!

The Government of Canada is closely monitoring the spread of COVID-19 in Canada and in other countries. You could have come into contact with COVID-19 while abroad.

Upon return to Canada, you will need to:

- Please self-isolate for 14 days after your return from travel outside of Canada.
- Monitor your health for fever, cough or difficulty breathing.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.
- If you develop a fever, cough or difficulty breathing within 14 days:
  - Continue to isolate yourself from others
  - Call your health care provider or Timiskaming Health Unit at 1-866-747-4305.
  - Describe your symptoms and travel history
  - Follow their instructions carefully.

www.timiskaminghu.com/90484/COVID-19