Welcome home. 
Stay home.

To our Timiskaming communities,

Please help us share these important health messages to reach as many in our community as possible.

*We are all in this together.*

www.timiskaminghu.com/90484/
COVID-19
Are you or your friends and family returning to Timiskaming from vacation or other travels?

Welcome home! And please stay home. Avoid contact with others for 14 days.

This important preventive action is to protect your loved ones and your community, because you may have come into contact with the COVID-19 virus while travelling.

Please:

- Stay home and keep your distance from others.
- Do not go out in public, or go shopping, or take public transit or cabs.
- Do not have visitors, especially older adults or those with medical conditions who are more at risk of getting sick.
- If you need help, reach out to family, friends, or neighbours, who can drop off groceries and necessities at your door.
  - Timiskaming residents can join Caremogering—Timiskaming on Facebook to reach out to volunteers for assistance with groceries, prescription refills, drop-offs, etc.
- Monitor your health for fever, cough or difficulty breathing.

If you do develop symptoms within 14 days, stay home, take an online self-assessment, call your health provider, or call Timiskaming Health Unit at 1-866-747-4305. Please do not call 911 unless it is an emergency.

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