

# 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/](http://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 Caremongering—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.

