PLEASE READ CAFEFULLY

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.

Services de santé du
TIMISKAMING
Health Unit