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| **[Hospital/clinic Name Here]****What to do if you might have COVID-19** | **Don’t go to work.** **Send this as** **your sick note**  |
|  | **You need to self-isolate:*** **If you had close contact with someone sick or recent travel:** for14 days
* **If you have symptoms:** for 14 days from when symptoms started
* **If you were tested:** until you hear from public health on what to do
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| Most people feel sick (like the flu) and recover well. Only some people get very sick. **You can save lives by staying home.** |

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| **What you can do to feel better** |  |  |  |  |
| Drink **fluids**  | *For sore throat*Eat **soft foods** (soup / smoothies) | Take **6 long, deep breaths** a few times a day  | If congested**lift your head** when sleeping |
|  | **Medications you can safely take** |  | **Acetaminophen (Tylenol)**: (Adults) Every 6 hours take two 325 mg tablets **OR** take two 500 mg tablets |

**You should feel better in 14 days**

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| **What if****you feel****worse?** |  | **OR** |  | **OR** |  | **THEN** | **CALL****Telehealth** **1-866-797-0000** |
| **Fever over** **38°C (100.4°F)** for **5 days** | **Shortness of breath**, even when walking | Feel **too sick to****get up** or watch TV |
| **Additional resources:**  | **Public Health Ontario COVID-19**https://bit.ly/covidphontario |  |  |