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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 | | |  |  | | |