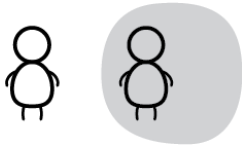


# What to do if you might have COVID-19

**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:** 14 days
- **If you have symptoms:** 14 days from when symptoms started
- **If you were tested:** until you hear from public health on what to do

Most people feel sick (like the flu) and recover well. Only some people get very sick.  
**You can save lives by staying home.**

## 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

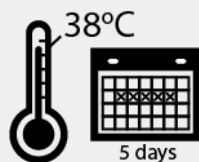
## Medications you can safely take



**Acetaminophen (Tylenol):**  
(Adults) Every 6 hours take  
two 325 mg tablets  
**OR**  
take two 500 mg tablets

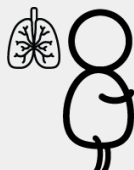
**You should feel better in 7 to 14 days**

## What if you feel worse?



**Fever over 38°C (100.4°F) for 5 days**

OR



**Shortness of breath**, even when walking

OR



**Feel too sick to get up** or watch TV

THEN



**CALL**  
**Telehealth**  
**1-866-797-0000**

Last updated 2020.03.26

**Additional** **Public Health Ontario COVID-19**  
**Resources:** <https://bit.ly/covidphontario>