

# What to do if you might have COVID- 19



## You need to self-isolate

- **If you had close contact with someone sick or recent travel:** for 14 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

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

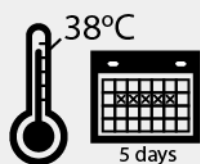
## Medications you can safely take



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

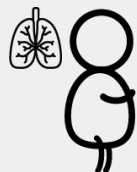
You should feel better in 7 to 14 days

## 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**