

ATTENTION!

**You can help prevent the spread
of respiratory viruses.**

How are you feeling today?

If you are feeling unwell with new or worsening symptoms (such as fever or chills, cough, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, skin rash or conjunctivitis (pink eye),

please stay home and away from others until:

- your symptoms have improved; AND
- you are feeling well enough to resume normal activities; AND
- you have been fever-free for 24 hours without using fever-reducing medication (acetaminophen, ibuprofen).

Remember to:

- avoid close contact with others – or wear a mask if you must be around others;
- wash your hands or use alcohol-based hand sanitizer frequently;
- cover your coughs/sneezes;
- avoid non-essential visits where there may be people at higher risk of becoming seriously ill (personal care homes, health care facilities, etc).

Thank you for helping to protect our community.

If you have questions about worsening symptoms, call your health care provider or Health Links - Info Santé at 204-788-8200 or 1-888-315-9257. Call 911 if symptoms are severe.

For more information, visit
www.gov.mb.ca/covid19/symptoms-and-exposure.html