

DO YOU HAVE SYMPTOMS OF COVID-19?

SYMPTOMS INCLUDE:

- fever or chills
- cough
- shortness of breath
- decreased or loss of taste or smell

and/or two or more of:

- runny nose or nasal congestion
- headache
- extreme fatigue
- sore throat
- muscle aches or joint pain
- gastro symptoms (i.e. vomiting or diarrhea)

IF YOU ARE 12+ & FULLY VAXXED OR AGED 11 OR YOUNGER

**You and anyone you live with
must isolate for 5 days.**

Isolation can end after 5 days only if symptoms have improved for at least 24 hours, and all public health and safety measures are followed.

IF YOU ARE NOT FULLY VAXXED, OR IMMUNOCOMPROMISED

**You and anyone you live with
must isolate for 10 days.**

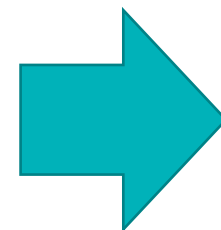
If your symptoms are not in the list above, stay home until you feel better for at least 24 hours (or 48 hours if you experience gastrointestinal symptoms).



MARATHON
FAMILY HEALTH TEAM



NORTH OF SUPERIOR
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HAVE YOU BEEN EXPOSED TO SOMEONE WHO HAS COVID-19?

**IF YOU ARE FULLY VAXXED
& HAVE NO SYMPTOMS,
AND DO NOT LIVE WITH THE
POSITIVE CASE**

You are advised to:

- Self-monitor for symptoms for 10 days since your last contact with the positive case
- Follow all public health measures, including wearing a mask, physical distancing, if leaving home
- Not visit any high-risk settings or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.

**IF YOU ARE NOT
FULLY VAXXED, OR
IMMUNOCOMPROMISED**

You must isolate immediately for 10 days following your last contact.

If you live with the positive case, you must isolate for the length of their isolation period.



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