

COVID-19:

WHAT TO DO IN OXFORD COUNTY, ELGIN COUNTY & ST. THOMAS

I HAVE

Travelled outside
Canada in the last 14
days, but have no
symptoms



Mild COVID-19
symptoms like a fever
higher than 38 degrees
Celsius, a new cough
and/or shortness of
breath



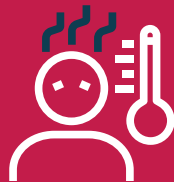
Been in contact with
someone with confirmed
or suspected COVID-19



Some symptoms but
aren't sure if it's
COVID-19



Severe symptoms like
difficulty breathing and/
or a high fever that
doesn't get better with
acetaminophen (Tylenol)



YOU SHOULD

Self-isolate for 14 days
and monitor your health.
If symptoms develop,
follow the directions
below



Online self assessment
(<https://covid-19.ontario.ca/self-assessment>)
OR Call Telehealth
Ontario at
1-866-797-0000



Self-isolate and call
Southwestern Public
Health at
1-800-922-0096 #9



Online self assessment
(<https://covid-19.ontario.ca/self-assessment>)
and follow the
recommendations



Go to the hospital

