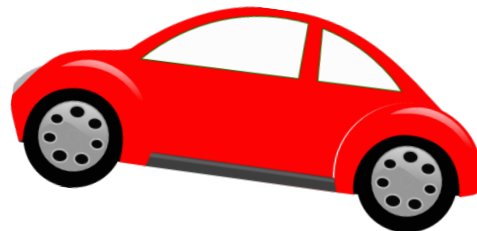


HAVE YOU BEEN TRAVELLING OUTSIDE CANADA?



You could have come into contact with COVID-19 while away
and not yet have any symptoms.

**You must self-isolate for 14 days immediately upon your return from travel
anywhere outside of Canada.**

- Monitor your health for fever, cough or difficulty breathing.
- Wash your hands often with soap and water & cover your mouth and nose with your arm when coughing or sneezing.

**If you develop a fever, cough or difficulty breathing within 14 days of your
return home:**

- Continue to isolate yourself from others.
- Call one of these organizations:
 - Your Family Doctor's Office
 - Grey Bruce Health Unit Coronavirus Information Line at (519) 376-9420 x3000
 - Telehealth Ontario (1-866-797-0000)
- In case of emergency, call ahead to the Emergency Department

Reliable online sources of information:

[Publichealthontario.ca](https://www.publichealthontario.ca)

[ontario.ca/page/2019-novel-coronavirus](https://www.ontario.ca/page/2019-novel-coronavirus)

[Canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice)

[Gbhs.on.ca](https://www.gbhs.on.ca)