What You Need to Know About COVID-19

**SYMPTOMS**

- Fever
- Cough
- Sore Throat
- Runny Nose
- Difficulty Breathing
- Nausea
- Vomiting
- Diarrhea
- Abdominal Pain

**GENERAL FACTS**

- Even if you do not have any symptoms, or do not feel sick, you can carry the virus without any signs of infection.
- You may get infected with COVID-19 if you are in close contact with someone who has the virus.
- You will **not** be sent to the country or place of your origin, even if you get sick.
- Testing is free and safe. Get tested if you have any symptoms of COVID-19 or have been in close contact with someone who has the virus.
- If you have signs of illness or have been in contact with someone who has the virus, you must self-isolate.

**SELF-ISOLATION MEANS YOU STAY AT HOME**

- Avoid contact with others.
- Stay in your own home.
- If you are sharing a residence with other people, stay in one room as much as possible.
- Do not use public transportation such as a bus.
- Do not use taxis or share rides.
- Do not go to work or to public places like the grocery store or library.

**AVOID THE SPREAD OF THE VIRUS**

- Wash your hands often.
- Cover your mouth and nose when you cough or sneeze.
- Stay 2m (6ft) from people that do not live with you.
- Wear a mask when using public transportation and in indoor public spaces, indoor common areas of multi-unit residential buildings and in designated outdoor public spaces.

**IF YOU GET THE VIRUS**

- You will get medical care as needed.
- Social supports will be organized to help you and your family.
- By working together, we can help reduce the spread of COVID-19 and keep our loved ones and community safe and healthy. Remember to be COVIDWise.