



## INFORMATION FOR CAREGIVERS

The virus that causes COVID-19 spreads from person to person, which means it is possible that you could be infected, as well.

### Please **RETURN HOME** if you:

- feel sick
- have travelled outside Canada within the past 14 days
- had contact within the past 14 days with someone who has or is suspected of having COVID-19

Please follow these instructions for the **SAFETY** of yourself and those around you.

### **IF YOU DO NOT RESPECT THESE PREVENTION MEASURES, YOU MAY BE ASKED TO LEAVE.**

Check with a member of staff before you enter the room. You **MUST** remain in **the same room** as your relative. Please follow the instructions on putting on and taking off protective equipment, as indicated on the posters in the units.

### **MONITOR YOUR OWN HEALTH**

Watch for:

- fever
- new or worsening cough, shortness of breath, difficulty in breathing
- loss of taste and/or smell
- abdominal pain, diarrhea, nausea, vomiting, significant loss of appetite
- sore throat, nasal congestion
- muscle aches, fatigue

**If you develop any of the above symptoms,  
call 1-877-644-4545**

Infection Prevention and Control, October 2020

ÉLIMINEZ LES GERMES : NETTOYEZ VOS MAINS!  
FIGHT GERMS: CLEAN YOUR HANDS!

