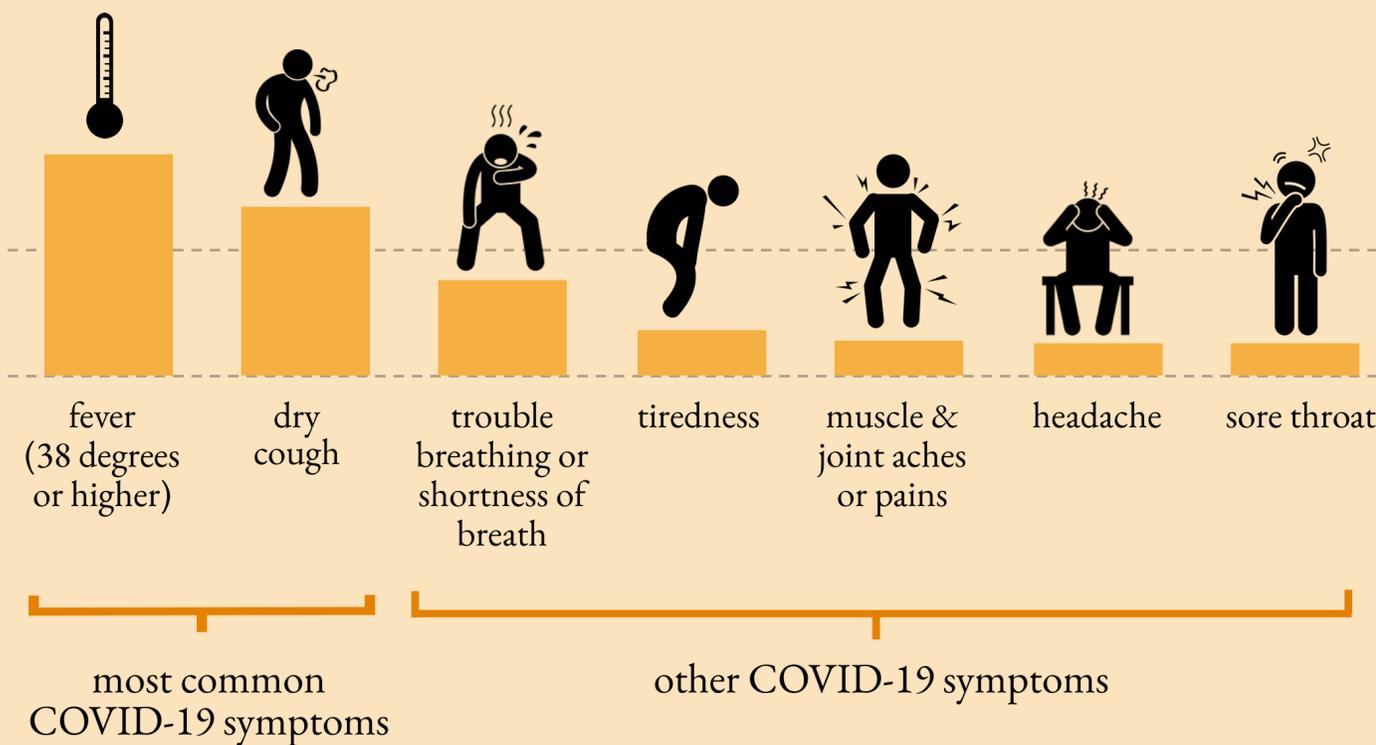


Taking care of each other, wherever we are.



# COVID-19 Symptoms & Testing Info

## Am I sick with COVID-19?



## Not COVID-19 symptoms



Sneezing is not a symptom.



Runny nose and diarrhea are less common symptoms.

## Did you know... ?

1

It is normal to feel anxious and scared about getting sick, but **most people who get COVID-19 will not need medical assistance and will get better on their own.**

2

**Healthy children and youth under 18 rarely get seriously ill from COVID-19.**

3

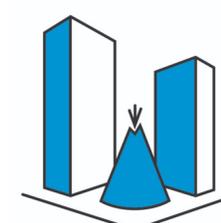
**People who are most vulnerable to COVID-19 are:**

Seniors, smokers, people with chronic illnesses (such as diabetes, asthma, or other lung problems).

People who are couch surfing, homeless, or living in crowded conditions.



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# COVID-19 Symptoms & Testing Info (cont'd)



## COVID-19 Testing

**First Nations, Inuit, Métis, wherever they live, are a high priority group for COVID-19 testing.**

If you have symptoms, you should go get tested.

Call Telehealth or ask a community health care provider about getting tested. They can refer you to a COVID-19 testing centre or arrange for a test.

When getting tested, if you are staying in a public or crowded space, let the person doing your test know. They are required to help you find a private space to recover.

### If you have any of these serious symptoms...

- shortness of breath
- cough so bad, you can't catch your breath
- chest pain
- high fevers with confusion

**... call 911 or find someone to take you directly to the nearest emergency department.**

This is also the time to put on a mask, if you have one.



## If you have any symptoms...

Try to stay away from other people as much as possible.  
Stay inside in a private space, if you can.



To see if you should get medical care or testing, call Telehealth for your province or territory.



If you have internet access, take the online self-assessment tool  
<https://ca.thrive.health/covid19/en>



Listed in alphabetical order.

**AB** ... 1-866-408-5465

**BC** ... 811

**MB** ... 1-888-315-9257

**NB** ... 1-866-213-7920

**NL**... 811

**NT** ... call local health authority; visit [hss.gov.nt.ca/en/hospital-s-and-health-centres](https://hss.gov.nt.ca/en/hospital-s-and-health-centres)

**NS** ... 811

**NU** ... 1-888-975-8601

**ON** ... 1-866-797-0000

**PE** ... 811

**QC** ... 1-877-644-4545

**SK** ... 1-877-800-0002

**YK** ... 811



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