

# HOW TO TALK ABOUT COVID-19

Here are the facts to help you talk about and put into practice accurate information.

## Protect Yourself

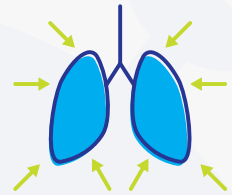
Know the symptoms



Fever



Cough



Difficulty breathing

### Hand hygiene



- Wash your hands often
- Use alcohol-based hand sanitizer if soap and water are unavailable
- Cough/sneeze into your elbows
- Avoid touching your eyes, nose and mouth with your hands

### Mental well-being

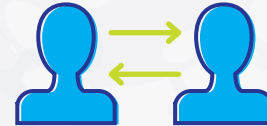


- To reduce stress and anxiety, stay informed using credible sources
- Continue a balanced diet and exercise

## Protect Others

Horizon's primary focus is to ensure the health and safety of our patients and clients, staff, physicians and communities.

Avoid others and stay home if you are sick



### Respect visitor restrictions



Anyone who has travelled outside the country is restricted from visiting ANY patient in a Horizon facility for 14 days after returning to Canada.

Do **NOT** come to an Emergency Department.

If you're looking for information on COVID-19, call the Public Health Agency of Canada's information line:

**1-833-784-4397**

## What To Do

Here's what to do if you think you might have COVID-19:

### Call Tele-Care 811

Describe your symptoms and travel history. They will provide advice on what you should do. Please be patient.



### COVID-19 Community Assessment Centres

Complete COVID-19 screening and testing by **appointment only**. These are not walk-in clinics. Appointments are provided following a triage completed by Tele-Care 811.



## Stay Informed

For accurate, up-to-date information visit:

→ The Office of the Chief Medical Officer of Health (Public Health)

[gnb.ca/coronavirus](http://gnb.ca/coronavirus)

→ Check regularly for up to date information at

[horizonnb.ca](http://horizonnb.ca)

→ Public Health Agency of Canada

[canada.ca/en/public-health](http://canada.ca/en/public-health)