If you have a cold, flu or COVID-19...

THERE ARE THINGS YOU CAN DO AT HOME TO FEEL BETTER AND STOP THE SPREAD OF GERMS:

→ Stay home from work or school if you feel sick and wear a mask around others.

→ Rest and drink plenty of fluids

→ **Always check with a health care provider (doctor, nurse or pharmacist) or call 811 (TTY: 1-866-797-0007) for advice on over-the-counter medicines, treatments and medical conditions.**

– Medicines like ibuprofen and acetaminophen can help with fever and pain

– Over-the-counter cough and cold medicine should **not** be given to children younger than 6 years old unless advised by your health care provider.

→ Avoid spreading germs:

– Cover your nose and mouth with a tissue or your elbow when you cough or sneeze

– Wash your hands often with soap and water for at least 20 seconds

Gargling with warm salt water can help a sore throat

Use a humidifier to help with a stuffy nose

Eat light and healthy meals

IF YOU FEEL WORSE AFTER A FEW DAYS:

→ Call your primary care provider (family doctor or nurse practitioner) or Health 811 (dial 811, TTY: 1-866-797-0007).

GO TO YOUR LOCAL EMERGENCY DEPARTMENT IF:

→ You have difficulty breathing or pain or pressure in the chest.

→ You suddenly feel dizzy or confused.

Call 811 (TTY: 1-866-797-0007) to connect with a registered nurse if you have any questions about your symptoms and for free and confidential health advice, 24 hours a day / 7 days a week.