FEELING SICK OR HAVE CONCERNS?
CALL **TELE-CARE 8-1-1** BEFORE YOU PRESENT AT YOUR PHYSICIAN’S OFFICE OR THE EMERGENCY ROOM

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)

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**PUBLIC HEALTH ADVICE**

**PROTECT YOURSELF AND OTHERS FROM GETTING SICK:**

- Wash your hands often
- Elbow cough/sneeze
- Avoid touching eyes, nose, mouth with hands
- Cough in tissues and throw away
- Stay home if you are sick
- Avoid contact with sick person
- Use alcohol-based hand sanitizer if soap and water are not available

**SYMPTOMS INCLUDE:**

- Fever
- Cough
- Difficulty breathing