Fact Sheet: Reducing the spread of COVID-19

Please follow these simple steps to help reduce the spread of COVID-19

Over 70 or compromised immune system and/or underlying medical conditions:

Self-isolation recommended

- Stay home
- Do not go out in public, or go shopping
- Do not have visitors

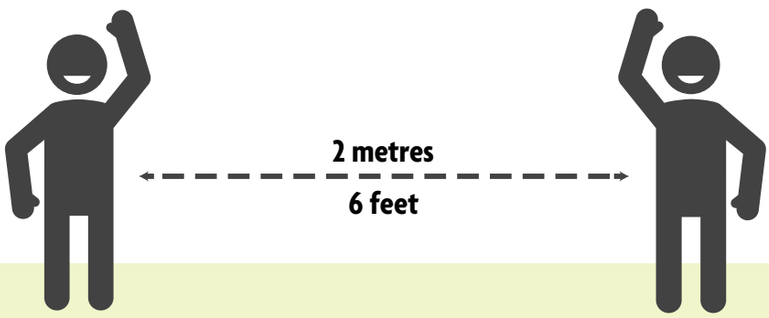
Monitor for symptoms

- Fever
- Dry cough
- Shortness of breath

Report symptoms

- PHU COVID-19 Info Line: 1-800-461-1818 ext. 2919
- Telehealth: 1-866-797-0000

Physical Distancing



Preventative measures

- stay at home
- wash your hands
- avoid touching your face
- clean surfaces
- practice physical distancing

Porcupine
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