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TÂ CHE IHTIYIN

WHAT TO DO

YOU HAVE
TRAVELLED
OUTSIDE THE COUNTRY
IN THE PAST 14 DAYS

NO SYMPTOMS

STAY HOME &
SELF-ISOLATE

SYMPTOMS:
COUGH, FEVER,
DIFFICULTY
BREATHING

CALL CMC
FOR FURTHER
INSTRUCTIONS

IF INSTRUCTED
TO STAY HOME
THEN YOU MUST
SELF-ISOLATE

YOU HAVE
NOT TRAVELLED
OUTSIDE THE COUNTRY
IN THE PAST 14 DAYS

NO SYMPTOMS

PROTECT YOURSELF AND OTHERS BY:

PRACTICING SOCIAL DISTANCING
+
AVOIDING TOUCHING YOUR FACE (ESPECIALLY EYES, NOSE AND MOUTH)
+
WASHING HANDS FREQUENTLY
+
COUGHING / SNEEZING INTO YOUR SLEEVE OR TISSUE (PUT TISSUE IN GARBAGE AFTER)
+
EXTRA CARE IF YOU OR CONTACTS ARE OLDER OR HAVE A CHRONIC DISEASE

SELF-ISOLATE MEANS:

- ★ **Stay home, in a closed room alone at all times**
- ★ **Use a separate bathroom as much as possible**
- ★ **No visitors**
- ★ **No sharing of objects**
- ★ **If in contact with other members in household, stay 2 meters (6 feet) apart and wear a mask**
- ★ **Disinfect surfaces and objects frequently (especially door knobs, light switches, etc.)**

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CHÎCHIHCH IHTÂH EKW CHE MIYUKANAWEYIMITWÂU KÂ SÂCHIHÎTWÂU

PROTECT YOUR LOVED ONES AND **STAY HOME**

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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information:
creehealth.org/coronavirus