

Welcome home. *Stay home.*

To our Algoma communities,

Please help us share these important health messages to reach as many in our community as possible.

We are all in this together.

Are you or your friends and family returning to Algoma from vacation or other travels?

Welcome home! And please stay home. Avoid contact with others for 14 days.

This important preventive action is to protect your loved ones and your community, because you may have come into contact with the COVID-19 virus while travelling.

Please:

- Stay home and keep your distance from others.
- Do not go out in public, or go shopping, or take public transit or rideshares or cabs.
- Do not have visitors, especially older adults or those with medical conditions who are more at risk of getting sick.
- If you need help, reach out to family, friends, or neighbours, who can drop off groceries and necessities at your door.
 - Sault Ste. Marie residents who need help with groceries, prescription refills, drop-offs, or other services can call 705-574-1220 (8:30am to 4:30 pm, 7 days a week) or email hotline@cityssm.on.ca.
 - The City of Elliot Lake is pleased to offer a call-in number and email for vulnerable persons in the community who are in isolation. Please call 705-849-0970 or email aftf@elliotlake.ca, to register as a client with Age Friendly Delivers. An online registration form will be ready soon and available at the city's website.
- Monitor your health for fever, cough or difficulty breathing.

If you do develop symptoms within 14 days, stay home, take an [online self-assessment](#), call your health provider, or call an Algoma Public Health nurse at 705-759-5404 or 1-866-892-0172 ext. 5404. Please do not call 911 unless it is an emergency.



Algoma

PUBLIC HEALTH

Santé publique Algoma

PLEASE READ CAREFULLY

Coronavirus Disease 2019 (COVID-19) **For all travellers returning to Canada**

Welcome home!

The Government of Canada is closely monitoring the spread of COVID-19 in Canada and in other countries. You could have come into contact with COVID-19 while abroad.

Upon return to Canada, you will need to:

Please self-isolate for 14 days after your return from travel outside of Canada.

- Monitor your health for fever, cough or difficulty breathing.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.
- If you develop a fever, cough or difficulty breathing within 14 days:
 - Continue to isolate yourself from others
 - Call your health care provider or Algoma Public Health at 705-759-5404 or 1-866-892-0172 ext. 5404.
 - describe your symptoms and travel history
 - follow their instructions carefully

CORONAVIRUS DISEASE (COVID-19)

WHILE OUTSIDE OF CANADA, YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

For the next **14 days**:



self-isolate
(stay home and keep your distance from others)



do not have visitors, especially older adults or those with medical conditions, who are at a higher risk of developing serious illness



monitor your health for **fever (greater or equal to 38°C), cough and difficulty breathing**



wash your hands often with soap and warm water for 20 seconds, or use an alcohol-based hand sanitizer if soap and water are not available



cover your mouth and nose with your arm when coughing or sneezing

MONITOR YOUR HEALTH



FEVER



COUGH



DIFFICULTY BREATHING

IF YOU START HAVING SYMPTOMS OF COVID-19



Separate yourself from others as soon as you have a symptom of COVID-19.



Visit the provincial or territorial public health website where you are located for more information, including when to contact your public health authority.



PREVENTION



wash your hands



avoid touching your face



avoid contact with sick people



cover your mouth



stay home



clean and disinfect surfaces regularly

PUBLIC HEALTH AUTHORITIES

PROVINCES AND TERRITORIES

TELEPHONE NUMBER

WEBSITE

British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.publichealthontario.ca
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	867-975-5772	www.gov.nu.ca/health
Northwest Territories	911	www.hss.gov.nt.ca
Yukon Territory	811	www.yukon.ca/covid-19

FOR MORE INFORMATION:

 1-833-784-4397

 canada.ca/coronavirus