Help reduce the spread of COVID-19

Wash your hands.

Cover your cough/sneeze.

Avoid touching your eyes, nose and mouth.

Maintain social distance.

Stay home if you are sick.

If you are experiencing **COVID-19** symptoms or have come in contact with someone who has a fever, cough or difficulty breathing, complete the online self-assessment at **www.811healthline.ca** before calling NL Health Line 811.

For most up-to-date information, visit: **www.gov.nl.ca/covid-19**

Eastern Health