



Please
STOP
and read this
message:

If you are experiencing **COVID-19** symptoms or have come in contact with someone who has:
fever, cough or difficulty breathing

Complete the online self-assessment at
www.811healthline.ca
before calling NL Health Line 811.

If you are not seriously ill, **do not** go to an emergency department or doctors' office.

- Wash your hands.
- Cover sneezes and coughs.
- Avoid touching eyes, nose and mouth.
- Practice social distancing.
- Stay at home if you are sick.