Coronavirus Disease (COVID-19)

Care Instructions After You Leave the Emergency Department or Urgent Care Centre (UCC)

Call 911 if you:
- are not feeling any better 2 days after you start treatment
- have a high fever of 104°F or above
- have severe shortness of breath
- have severe chest pain
- have severe calf pain
- have severe headache

Call your healthcare provider:
- if you have a cold or flu
- if you have a severe headache
- if you have severe muscle aches

Isolate yourself
- for 14 days if you recently had close contact with someone who is ill with COVID-19
- from anyone who is ill with COVID-19
- from anyone who is 65 years or older
- from anyone who has a medical condition that makes you more vulnerable to COVID-19

Visit MyHealth.Alberta.ca
• Do not attend any public gatherings or events.
• Avoid any unnecessary travel outside your home.
• Avoid social gatherings of more than 2 people.
• Keep your distance from others in public places.
• Wash your hands frequently with soap and water.
• Use hand sanitizer if soap and water are not available.
• Cover your mouth and nose when咳嗽 or sneezing.
• Avoid close contact with people who are sick.
• Stay home if you are feeling sick.
• If you have symptoms of COVID-19, call your healthcare provider or local public health authority.

Please go to www.alberta.ca/isolation.aspx or call 811.

If you have symptoms of COVID-19, call 811 or your healthcare provider.

COVID-19 is spread through close contact with someone who has the virus. You can also contract COVID-19 from someone who is asymptomatic but infectious. Spread can happen through respiratory droplets and close contact.

• Wash your hands frequently with soap and water.
• Avoid touching your eyes, nose, and mouth.
• Practice physical distancing (social distancing).
• Stay home if you are sick.
• Avoid gatherings of more than 2 people.
• Wear a mask when you go out.

If you have a fever or cough, you may have COVID-19.

If you are experiencingany of the following symptoms, call 811 or your healthcare provider:

• Fever
• Cough
• Difficulty breathing or shortness of breath
• Sore throat
• Muscle pain

COVID-19 can cause serious illness or death. If you have any of the following symptoms, call 811 or your healthcare provider immediately:

• Difficulty breathing or shortness of breath
• Persistent pain or pressure in the chest
• Weakness or fatigue
• Chills

COVID-19 is spread through close contact with someone who has the virus. You can also contract COVID-19 from someone who is asymptomatic but infectious. Spread can happen through respiratory droplets and close contact.

If you think you have been exposed to COVID-19, call 811 or your healthcare provider.

COVID-19 can be treated with supportive care, such as oxygen therapy, and in some cases with medications.

If you have symptoms of COVID-19, call 811 or your healthcare provider.

COVID-19 is spread through close contact with someone who has the virus. You can also contract COVID-19 from someone who is asymptomatic but infectious. Spread can happen through respiratory droplets and close contact.

If you have symptoms of COVID-19, call 811 or your healthcare provider.

COVID-19 can be treated with supportive care, such as oxygen therapy, and in some cases with medications.

If you have symptoms of COVID-19, call 811 or your healthcare provider.
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Caring for yourself at home

1. Monitor your symptoms and rest.
2. Keep hydrated.
3. Take over-the-counter medications as directed.
4. Use alternative therapies as directed.
5. Take care of yourself.
7. Practice good hygiene.
8. Follow Alberta Health’s guidelines.
9. Call your doctor.
10. Take care of others.

Where can I learn more?

- Alberta Health – alberta.ca/coronavirus-info-for-albertans.aspx
- Alberta Health Services – ahs.ca/topics/Page16944.aspx

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(If you have children at home)

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ምንገባዎቹ ዋና: ዓዲር 2, 2020
ምንገባዎቹ: Emergency Strategic Clinical Network, Alberta Health Services

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