COVID-19: What To Do When You Are Sick

Help Prevent the Spread

**Step 1:** DO NOT COME TO WORK. Call or email your supervisor. If you become sick at work, STOP working, call your supervisor, go home and isolate yourself. Avoid public transportation and protect those around you.

**Step 2:** Complete the Ontario COVID-19 self-assessment tool for next steps.

**Step 3:** Complete the U of G self-declaration form found on the U of G COVID-19 website.

COVID-19 can cause a range of symptoms. The most common symptoms of COVID-19 include:
- fever
- cough
- difficulty breathing

**Remember**
- Wash your hands often
- Maintain 2m distance
- Don’t touch your face
- Wear a mask

For more information visit: uoguel.ph/COVID19