COVID-19: What To Do When You Are Sick

UNIVERSITY of GUELPH

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.
https://covid-19.ontario.ca/self-assessment/

Step 3. Complete the U of G self-declaration form found on the U of G COVID-19 website.
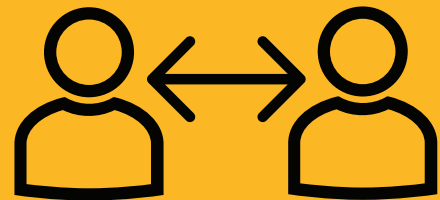
COVID-19 can cause a range of symptoms. The most common symptoms of COVID-19 include:
- fever
- cough
- difficulty breathing

Remember

Wash your hands often

Maintain 2m distance

Don't touch your face

Wear a mask

For more information visit:
uoguel.ph/COVID19