

Protect yourself

Follow general precautions to prevent the spread of viral infections



Wash your hands
with soap and water for at least 20 seconds



Don't touch
your eyes, nose or mouth with unwashed hands



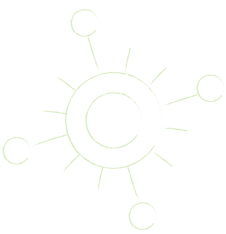
Avoid contact
with people who are sick and avoid crowds



Stay home
if you are sick to avoid spreading illness to others



Cover a cough or sneeze
cover your mouth and nose with a tissue and dispose the tissue immediately; then wash your hands



Feeling sick?



Stay at home and limit contact with others

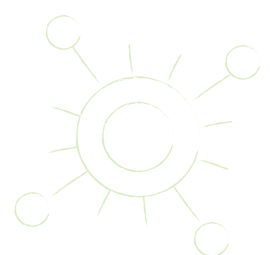


Contact the Public Health hotline in your province before you visit a health care facility



Tell them your symptoms and follow instructions

**Ontario: 1.866.797.0000
Manitoba: 1.888.315.9257
Nunavut: 1.867.975.5772
All other provinces: 811**



Wello is here to support you. If you have questions or concerns about COVID-19, book an appointment and talk to a clinician - 24/7 from anywhere in Canada.

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