CORONAVIRUS
COVID-19

WHAT TO DO IF YOU THINK YOU HAVE IT

If you haven't recently travelled anywhere near an area known to have COVID-19 coronavirus cases reported, it's unlikely that you'd have contracted the disease.

There are many other causative agents and common bugs that may bring about respiratory infections.

However, if you have symptoms, including fever, persistent coughing and difficulty breathing, it is important to seek medical care early. The Centers for Diseases Control and Prevention (CDC) advises that you should not go out if you're feeling unwell.

"Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms."

They will then best advise you regarding going for diagnostic testing to confirm or refute your suspicion. In the meantime:

- Separate yourself from other people in your home and do not go out, except to get medical care.

- Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands with soap and water, often.

- Avoid sharing personal household items.

- Continue to monitor your symptoms, follow doctor's orders and remain calm and rest.

- If you suspect that you have COVID-19, wear a mask when interacting with your family and limit visitors. Take note of who you may come into contact with.

- "Symptoms may appear two to 14 days after exposure" - The CDC.