If you have **COVID-19 symptoms**









Sam gets a fever and runny nose. Sam thinks it might be COVID-19 and gets tested.



Sam tests positive and self-isolates for the number of days recommended by public health. Sam stays in their own room as much as possible.



Sam wears a mask when near others and taking care of the kids.



Grandma is older and has other health issues. Grandma is extra careful to stay away from Sam.



Sam checks with Grandma and kids every day to see if they have symptoms. Everyone cleans their hands often.



Sam's isolation time ends. Sam's fever is gone and symptoms have improved. Sam can go meet family and friends again.



Sam makes sure their family's vaccines and boosters are up-to-date. They still might get COVID-19, but vaccines will help protect them from getting seriously sick.