



# How are you today?

**REMEMBER YOUR DAILY SELF ASSESSMENT.** Before you leave, check for COVID-19 symptoms and stay home if you show any symptoms or are unwell.

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CHECK FOR:

- **FEVER (CHILLS OR SWEATS)**
- **COUGH (NEW OR WORSENING)**

OR TWO OR MORE OF THE FOLLOWING SYMPTOMS (NEW OR WORSENING):

- **SORE THROAT**
  - **RUNNY NOSE OR NASAL CONGESTION**
  - **HEADACHE**
  - **SHORTNESS OF BREATH**
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#### **WATCH FOR SYMPTOMS**

Symptoms may take up to 14 days to appear after exposure. Symptoms can vary from person to person, can range from mild to severe, and in some cases can lead to death.

#### **WHEN TO CALL 811**

If you think you've been exposed to COVID-19 and you have any of the COVID-19 symptoms, or any other symptoms that concern you, stay in your residence room or home, and call 811 for assessment by a nurse.

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Help protect our Acadia community from COVID-19

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