

**STOP**

# STAY HOME WHEN YOU ARE SICK

**STOP**

## Symptom Guide:



Muscle or body aches



Dry cough/sore throat



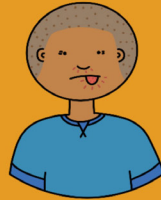
Shortness of breath/difficulty breathing



Fatigue



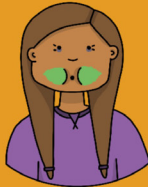
Headache



Altered or loss of smell/taste



Congestion or runny nose



Nausea



Fever



Pink eye

If you have any of the listed symptoms, or any other symptoms, please stay home.





# **COVID-19 ISOLATION INFORMATION**

## **Individuals with symptoms**

**Matapiiks with symptoms are legally required to isolate for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer, unless they test negative at the time of their symptoms AND have no known exposure to the virus. You should still stay home until your symptoms resolve so you don't spread illness that can be mistaken for COVID-19.**

## **Close contacts of confirmed case**

**If you are a close contact of person with COVID-19, you are legally required to isolate for 14 days from the time you were exposed and monitor for symptoms. If you become sick with a known COVID-19 symptom during this time, you must isolate for an additional 10 days starting from the beginning of symptoms or until you are feeling well, whichever takes longer.**

## **Tested Positive for COVID-19**

**Matapiiks who have tested positive for COVID-19 are legally required to isolate for 10 days. The Siksika CDC team will follow up with COVID-19 positive individuals in order to contain further spread and support individuals. They will also provide information and guidance on isolation requirements to individuals, and follow up throughout their isolation.**