



Self-Isolation

WHO **MUST** SELF ISOLATE?

People who have recently returned to the Northwest Territories

People who are waiting for COVID-19 test results for a full 14 days no matter the result

People who have any symptoms of COVID-19, like fever, cough, or difficulty breathing

Everyone who has been in close contact with someone who has tested positive for COVID-19, or has symptoms of COVID-19 who is being tested - including households.

WHO **SHOULD** SELF ISOLATE?

EVERYBODY.

The health of the Northwest Territories is everybody's responsibility. In order to keep our most vulnerable communities and people safe, everybody should self-isolate as much as possible – even if they're healthy – and practice social distancing when in public spaces.

The NWT is our home, and we want to keep it safe and healthy. Look out for your friends, family, elders, and neighbours by staying home as much as you possibly can. The whole territory thanks you!

If you or somebody you know develops symptoms of COVID-19 like fever, cough, or difficulty breathing, they should contact their local health centre immediately. If the symptoms become very bad, or if it is extremely difficult to breathe, dial 9-1-1.

Thank you for keeping our community safe!

