First Nations Health Authority
Health through wellness

Feeling Sick? Stay Home.

If you're feeling unwell, home is the best place to recover and feel better. You don't want to spread illness to others, whether it be at school, your place of work, or in other public venues.

Not sure if you're sick? If you're experiencing any of the following symptoms, stay home until they pass:

Coughing or sneezing

Runny or stuffy nose

Sore throat

Headache

Extreme tiredness

Fever

Chills

Muscle aches or joint pain

Nausea or diarrhea

Shortness of breath

During respiratory virus season, the common cold, influenza, COVID-19 and other viruses can spread easily and make many people sick. By staying home you're not only giving yourself time to heal, you're protecting others!

For the best protection, check with your community health nurse or local health centre about getting your flu shot and COVID-19 vaccines.

www.fnha.ca/what-we-do/communicable-disease-control

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