

# STOP AND READ:

If you are not feeling well and you are concerned you have symptoms that might be related to COVID-19

**DO NOT ENTER!**  
SELF-ISOLATE IMMEDIATELY, and:

Complete the self-assessment tool at  
[www.bit.ly/selfasstool](http://www.bit.ly/selfasstool)

- OR -

Call Telehealth at **1(866) 797-0000**

- OR -

Call TBDHU at **(807) 625-5900**

It is **strongly recommended** that individuals returning from domestic travel outside of Northwestern Ontario self-isolate for 14 days **regardless of whether or not they have symptoms**. Individuals in self-isolation should monitor for symptoms and complete the self-assessment tool if symptoms develop.