

Updated March 3, 2021

# STOP

## Do not enter if you have:

- Fever
- Chills
- Cough (new or worsening)
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies)
- Lost sense of taste or smell
- Pink eye
- Headache that's unusual or long lasting
- Nausea, vomiting, diarrhea, or stomach pain
- Muscle aches
- Extreme fatigue
- Falling down often

## Do not enter if you:

- Have had close contact with a confirmed or probable case of COVID-19 in the last 14 days
- Have travelled outside of Canada in the last 14 days and are required to quarantine
- Live with anyone currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms

## What to do:

Visit a COVID-19 Assessment Centre.  
Visit [kflaph.ca](https://www.kflaph.ca) or call 613-549-1232 for locations.