Help prevent the spread of respiratory illness

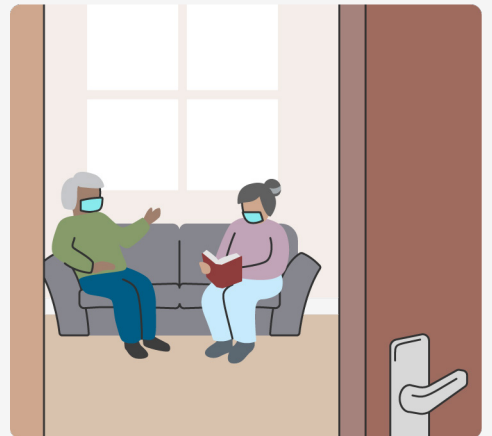## Stay in your room when you feel ill.

Why?

You are contagious when you feel ill. Staying in your room prevents the spread of illness to others.

You may leave your room when you feel better.

Why?

You are much less contagious when you feel better, but may still be able to spread illness for a short time.

Reduce the spread of illness to others.

How?

For 5 days after you feel better, it is recommended that you:

- Wash your hands well and often.
- Wear a mask when you are around others.
- Distance yourself from others, if you need to remove your mask.

Primary Care Alberta