• What are the common symptoms of COVID-19?
  - Fever
  - Cough
  - Shortness of breath / hard time breathing
  - Sore throat
  - Runny nose
  - Shortness of breath / hard time breathing
  - Sore throat
  - Runny nose
  - Less common symptoms are: chills, painful swallowing, stuffy nose, headache, muscle/joint ache, generally feeling unwell, nausea, vomiting, diarrhea, loss of appetite, loss of sense of smell or taste, and pink eye.
  - The list of symptoms may continue to change. Visit ahs.ca/covid for the most current list.

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If you have chest pain or a very hard time breathing, call 911 or ask someone to call for you.

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If you have symptoms, do any of the following:
- If you have symptoms, let a staff member, or a youth, support or case worker know so they can help you
- Complete the AHS COVID-19 Self-Assessment Tool on ahs.ca/covid or call Health Link 811
- When you’re sick, stay indoors and away from other people for 10 days or until you feel better, whichever is longer.
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