Do you have any of the following symptoms:

- Fever or chills (Fever greater than 38° Celsius)
- New cough or an increase in the amount of coughing?
- Sore throat?
- Shortness of breath?
- Headache or unusual headache
- Sore muscles not related to overexertion or exercise

Contact your manager, then take your worker ID and go directly to a testing location for a COVID-19 test.

Once tested, self-isolate at home and contact your local Occupational Health office.