



COVID-19 at home?

You can manage it, together.



While you self-isolate:

- Stay fed and well hydrated.
- Keep a routine of things you like to do.
- Spend time with family and friends online or on the phone.
- Think good thoughts.
- Nurture your spirit.



To learn more:
www.slnha.com/covid/



Sioux Lookout
First Nations
Health Authority