



Provincial Health Resources

Each Province and Territory has Government Health Services with specific information and resources related to the COVID-19 Pandemic. We strongly suggest that you visit your Province and Territory for Health Services:

British Columbia

Find information about COVID-19, how to protect yourself, your family and your community and what to do if you suspect you have the virus. **Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319).**

To visit their website click: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Alberta

Resources for Albertans. **You can call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7.** They will ask questions, assess symptoms and determine the best care for you. Remember, in a medical emergency, always call 911 or visit the nearest emergency department.

To visit their website click: <https://www.albertahealthservices.ca/>

Saskatchewan

Learn more about COVID-19 in Saskatchewan. **Call HealthLine 811 if you have recently travelled and are experiencing respiratory or flu-like symptoms.** Public inquiries may be directed to COVID19@health.gov.sk.ca.

To visit their website click: https://www.saskatchewan.ca/government/government-structure/ministries/~link.aspx?_id=6C6BF971659346E0B8E9DE4AE3B2AFF9&_z=z

Manitoba

Learn more about COVID-19 in Manitoba. **Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) if you're experiencing symptoms of the 2019 novel coronavirus.** Do not call 911 unless it is an emergency.

To visit their website click: <https://www.gov.mb.ca/covid19/index.html>

Northwest Territories

For General Questions about COVID-19, contact covid@gov.nt.ca. For questions on self-isolation and travel restrictions, contact protectnwt@gov.nt.ca or call **1-833-378-8297**.

To visit their website click: <https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19>



Ontario

Learn more about COVID-19 in Ontario. Contact your primary care provider or **Telehealth Ontario at 1-866-797-0000 if you're experiencing symptoms of the 2019 novel coronavirus**. Please do not visit an assessment centre unless you have been referred by a health care professional. Do not call 911 unless it is an emergency.

To visit their website click: https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.30258871.981923195.1584888590-1531294485.1581447086

Quebec

French

Si la COVID-19 vous inquiète ou si vous présentez des symptômes comme de la toux ou de la fièvre, vous pouvez **contacter le 418 644-4545 pour la région de Québec, le 514 644-4545 pour la région de Montréal, le 450 644-4545 pour la région de Montérégie, le 819 644-4545 pour la région l'Outaouais ou le 1 877 644-4545 (sans frais) ailleurs au Québec.**

To visit their website click: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/>

English

If you are worried about COVID-19 or display symptoms such as a cough or fever, you can **call 418-644-4545 in the Québec City region, 514-644-4545 in the Montréal area, 450-644-4545 in the Montérégie region, 819-644-4545 in the Outaouais region and 1-877-644-4545 (toll free) elsewhere in Québec.**

To visit their website click: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

New Brunswick

Learn more about COVID-19 in New Brunswick. Before calling 811 use this self-assessment tool (see link) to help determine whether you should be tested for COVID-19. You can complete this assessment for yourself or on behalf of someone else, if they are not able by clicking: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/assessment.html#/app/symptom-checker/guides/399/what-to-do

If you have symptoms: Please do not visit a hospital, physician's office, lab or healthcare facility without consulting 811 first. If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.

To visit their website click: https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html



Prince Edward Island

Learn more about COVID-19 in PEI. **For general health questions about COVID-19, call 1-800-958-6400.** If you have returned from travel, including from within Canada, and have symptoms, including a cough, fever or difficulty breathing, call 811.

To visit their website click: <https://www.princeedwardisland.ca/en/information/health-and-wellness/government-pei-contact-information-covid-19>

Nova Scotia

Public health officials are working closely with colleagues across the country, and partners here in Nova Scotia, to prepare and respond to COVID-19 in Canada. Not everyone who has concerns about COVID-19 needs to call 811. To find out if you need to call, use the COVID-19 online self-assessment.

To visit their website click: <https://novascotia.ca/coronavirus/>

Newfoundland & Labrador

If you are finding it difficult to cope or feel anxious, Bridge the gapp offers many services to support you and your wellbeing. Please visit www.bridgethegapp.ca Opens in new window for more information. If you are feeling isolated and alone during COVID-19, you are encouraged to reach out and speak with a trained mental health peer supporter. **Call the Provincial Warm Line at 1-855-753-2560 9:00am to 12:00am daily. If you are experiencing a mental health crisis, you should call the Mental Health Crisis Line at 1-888-737-4668, available 24 hours a day, or use the Crisis Text service by texting 686868.**

To visit their website click: <https://www.gov.nl.ca/covid-19/>

Yukon

Information about coronavirus disease (COVID-19) for Yukoners

To visit their website click: <https://yukon.ca/novel-coronavirus>

Nunavut

Learn more about COVID-19 in Nunavut.

To visit their website click: <https://gov.nu.ca/health/information/covid-19-novel-coronavirus>