ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Coronaviruses are a large family of viruses. Some can infect animals, and some can infect humans. COVID-19 is a new disease caused by the coronavirus (SARS-CoV-2) that was first identified in Wuhan, China in December 2019. COVID-19 was declared a global pandemic in March 2020.

Those who are infected with COVID-19 may have little to no symptoms. **Symptoms of COVID-19** are often similar to other illnesses.

SPREAD

Coronaviruses are most commonly spread from an infected person through:

- ▸ respiratory droplets when you cough or sneeze
- ▸ close personal contact, such as touching or shaking hands
- ▸ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

IF YOU HAVE SYMPTOMS

If you have **symptoms** of COVID-19:

- ▸ stay home (**isolate**) to avoid spreading it to others
  - — if you live with others, stay in a separate room or keep a 2-metre distance
- ▸ call ahead before you visit a health care professional or call your **local public health authority**
  - — tell them your symptoms and follow their instructions
- ▸ if you need immediate medical attention, call 911 and tell them your symptoms

SYMPTOMS

Symptoms of COVID-19 can:

- ▸ take up to 14 days to appear after exposure to the virus
- ▸ be very mild or more serious
- ▸ vary from person to person

PREVENTION

The best way to prevent the spread of infections is to:

- ▸ practice **physical distancing** at all times
- ▸ stay home if you are sick to avoid spreading illness to others
- ▸ wash your hands often with soap and water for at least 20 seconds
- ▸ avoid touching your eyes, nose or mouth, especially with unwashed hands
- ▸ avoid close contact with people who are sick
- ▸ when coughing or sneezing:
  - — cover your mouth and nose with your arm or tissues to reduce the spread of germs
  - — immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- ▸ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs
- ▸ wear a **non-medical mask or face covering** (i.e. **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect the people and surfaces around you
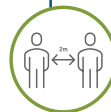
FOR MORE INFORMATION ON CORONAVIRUS:

📞 **1-833-784-4397**   @ **canada.ca/coronavirus**