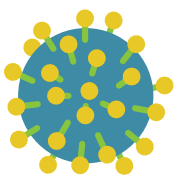
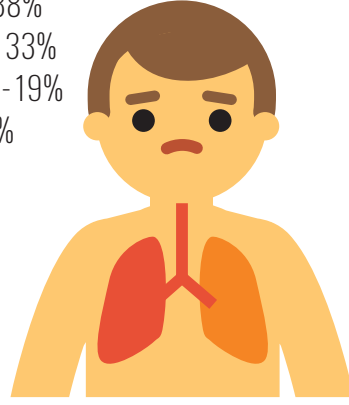
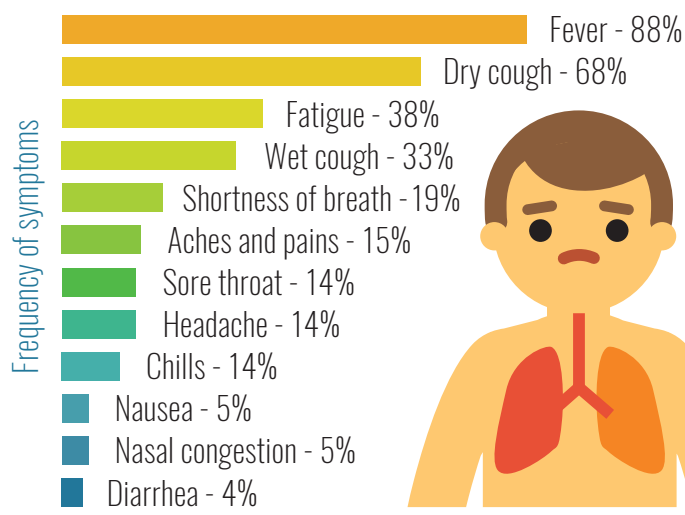


WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19? SYMPTOMS



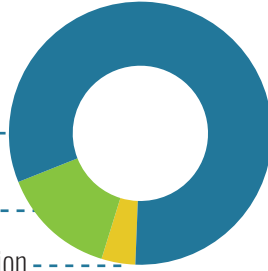
COVID-19 is a disease ranging from no symptoms to severe respiratory distress. It is caused by a virus from the **coronavirus family**, which includes the virus that caused SARS (Severe Acute Respiratory Syndrome) in 2003.



Symptoms can develop 2-14 days after exposure.

Severity

81% mild (no symptoms to mild pneumonia)
14% severe symptoms
5% critical condition
These patients require hospitalization.

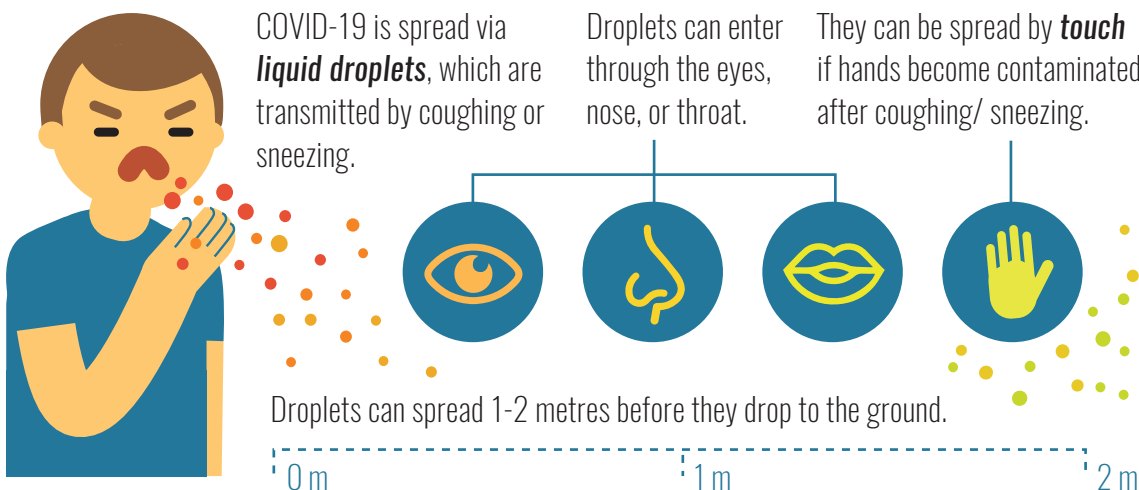


Who is at high risk for developing severe disease:

The elderly is especially at risk. However, younger people can also contract severe disease.

Individuals with **chronic medical conditions** and **weakened immune systems**.

TRANSMISSION



! It is possible for people with mild or even no noticeable symptoms to transmit the virus.

! Be careful what you touch. The virus can live on surfaces for hours to days.

PREVENTION

The most important measures of prevention are:

Wash your hands using soap on all surfaces/ creases for at least 20 seconds or use hand sanitizer frequently.

Avoid touching your face.

Social distancing: stay home if possible and avoid public spaces and large groups of people.

Other measures of prevention include:

Cover sneezes and coughs using your elbow.

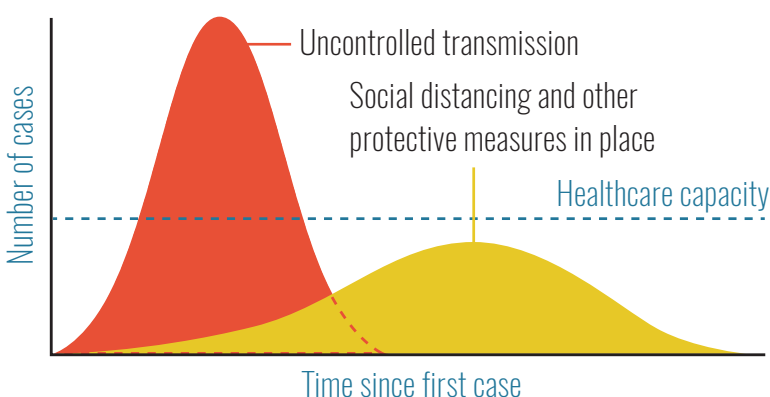
Regularly disinfect frequently touched surfaces (e.g. tables, chairs, handles, etc).

Do not share food or drinks.

Avoid those who are feeling unwell and stay home if you are unwell.

KEY! WE NEED YOUR HELP TO FLATTEN THE CURVE. STAY HOME.

What does it mean to "Flatten the Curve"?



It means to **slow the rate** of disease spread to prevent large numbers of affected individuals from **overwhelming the healthcare system**. We can achieve this together through social distancing, good hygiene practices, and self-isolating if you have symptoms.

Will a mask protect me from COVID-19?



If you are ill or caring for someone who is ill, you should wear a mask. Avoid touching the mask during wear. It could be contaminated.

Masks are less effective in the community when you are not ill.

What if I want to travel?



For now, avoid all non-essential travel outside Canada.

For more information, visit travel.gc.ca.

WHEN TO GET TESTED

Visit covid19.thrive.health for the online assessment tool.

Any severe symptoms?

- a) Severe difficulty breathing
- b) Severe chest pain
- c) Difficulty waking up
- d) Feeling confused
- e) Loss of consciousness



Any moderate severity symptoms?

- a) Shortness of breath at rest
- b) Inability to lie down due to shortness of breath
- c) Difficulty breathing complicated by other chronic health conditions



Any other symptoms?

- a) Fever
- b) Cough
- c) Sneezing
- d) Sore throat
- e) Mild difficulty breathing



- 1) Did you develop symptoms within 14 days of travel outside Canada (including to the US)?
- OR
- 2) Did you have contact with a person with COVID-19 (probable/ confirmed) while they were ill?
- OR
- 3) Did you have contact with a person who travelled outside Canada in the last 14 days and became ill?



Potential risk of COVID-19 but no need for testing.

Reassess using this flow chart or call 811 if symptoms worsen.

- 1) Have you traveled to any countries outside Canada (including the US) within the last 14 days?
- OR
- 2) Did you have contact with a person with COVID-19 (probable/ confirmed) while they were ill?
- OR
- 3) Did you have contact with a person who travelled outside Canada in the last 14 days and became ill?



Likely not COVID-19. Continue to self-monitor.

Potential risk of COVID-19 but no need for testing.

Self-isolate for 14 days if you answered yes to 1) or 2). If symptoms develop, self-isolate and reassess using this flowchart.

Who should be tested for COVID-19?

- Those with respiratory symptoms (fever, cough, sneeze, sore throat, shortness of breath) and any of the following:
- Are hospitalized or are likely to be hospitalized
 - Are health care workers
 - Are residents of long term care facilities
 - Are part of an investigation of a cluster or outbreak

Who does not need to be tested for COVID-19?

- Those without symptoms
- Those with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada.

Who should self-isolate for 14 days?

If you have respiratory symptoms without other risk factors OR have traveled outside Canada within the last 14 days, please self-isolate for at least 14 days.