# **ABOUT CORONAVIRUS DISEASE (COVID-19)**



## WHAT IT IS

#### COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

#### **SYMPTOMS**

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.







**FEVER** 

COUGH

**DIFFICULTY BREATHING** 

# **HOW IT IS 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.

#### **PREVENTION**

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



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.



stay home if you are sick to avoid spreading illness to others

### **IF YOU HAVE SYMPTOMS**

If you have SYMPTOMS of COVID-19 - fever, cough, or difficulty breathing:



stay home to avoid spreading it to others

if you live with others, stay in a



call ahead before you visit a health care professional or call your local public health authority

separate room or keep a 2-metre



their instructions ▶ if you need immediate medical attention,

call 911 and tell them your symptoms.

tell them your symptoms and follow

## FOR MORE INFORMATION ON CORONAVIRUS:





