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## CORONAVIRUS DISEASE (COVID-19)

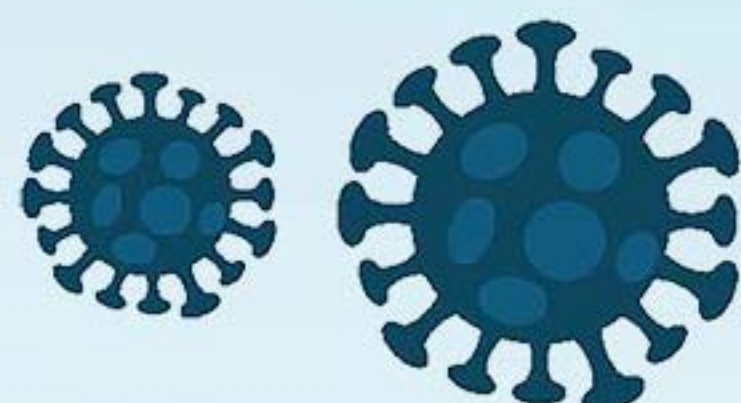
COVID-19 virus is spread by contact and droplets (eg cough/sneeze). Most people have mild symptoms – fever, cough, runny nose, sore throat; some develop shortness of breath and in a few cases breathing difficulties or pneumonia occur which can be life-threatening. **This virus is an extremely serious public health issue.**

### MINIMIZE YOUR TRANSMISSION RISK:

The best way to avoid the infection:



Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based sanitizer.



When coughing or sneezing: cover your mouth and nose with a tissue.



Clean and disinfect frequently touched objects and surfaces, or avoid touching.



Avoid unnecessary travel, crowded areas and activities with close proximity to or contact with others

### IF YOU HAVE SYMPTOMS OR FEVER:

If you have fever, cough, or difficulty breathing:



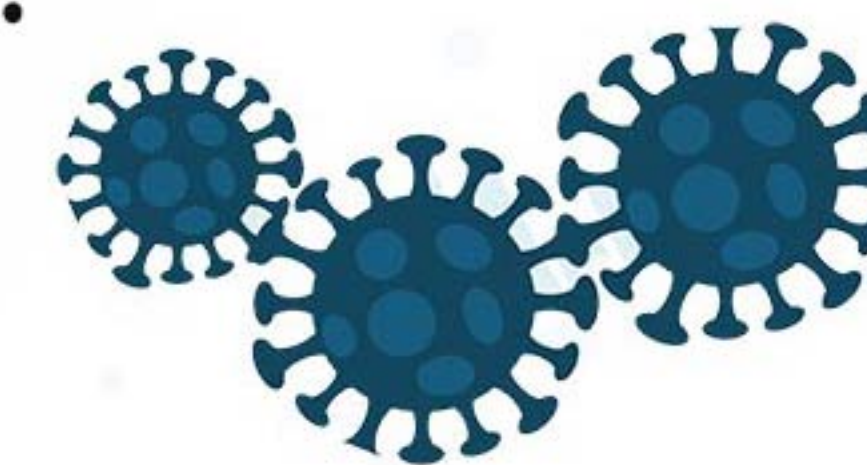
Immediately self-isolate (stay home and avoid other people)



Contact your local clinic help/information line for advice/instructions. You may be directed to test locations. Follow medical directions.



Seek medical attention if you have severe symptoms or high fever.



Call 911 if you have a breathing emergency.

WASH HANDS FREQUENTLY – MINIMIZE CONTACT – COUGH/SNEEZE CAREFULLY

FIND OUT MORE AT:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>