

What is COVID-19?

COVID-19 is a type of coronavirus that causes an infection that has now spread all over the world.

There are a lot of kinds of coronaviruses. Most cause the common cold. But other coronaviruses are more serious.

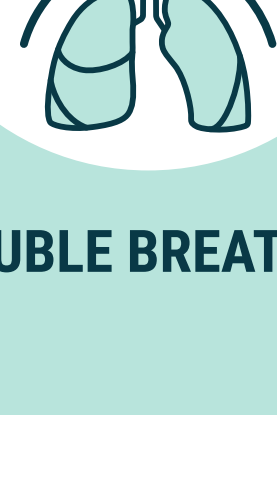
COVID-19 is new and hasn't been seen in people before. And for some people, it can become serious and dangerous.



FEVER



COUGH



TROUBLE BREATHING

It can cause **fever, cough,** and **trouble breathing.**

In severe cases, it can cause **pneumonia** and make it hard to breathe without help. It can even cause death.

How is it spread?

COVID-19 spreads person-to-person through droplets from **coughing and sneezing.**



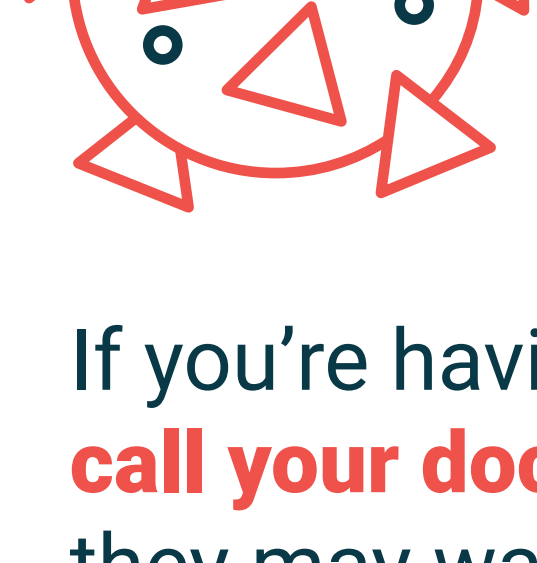
It can also spread when you are **close to someone** who is infected.

It may also spread by **touching something** that has the virus on it, such as a doorknob or a tabletop.



Most people only have mild symptoms or even none at all.

People who are very sick are treated in a hospital.



SYMPTOMS INCLUDE:

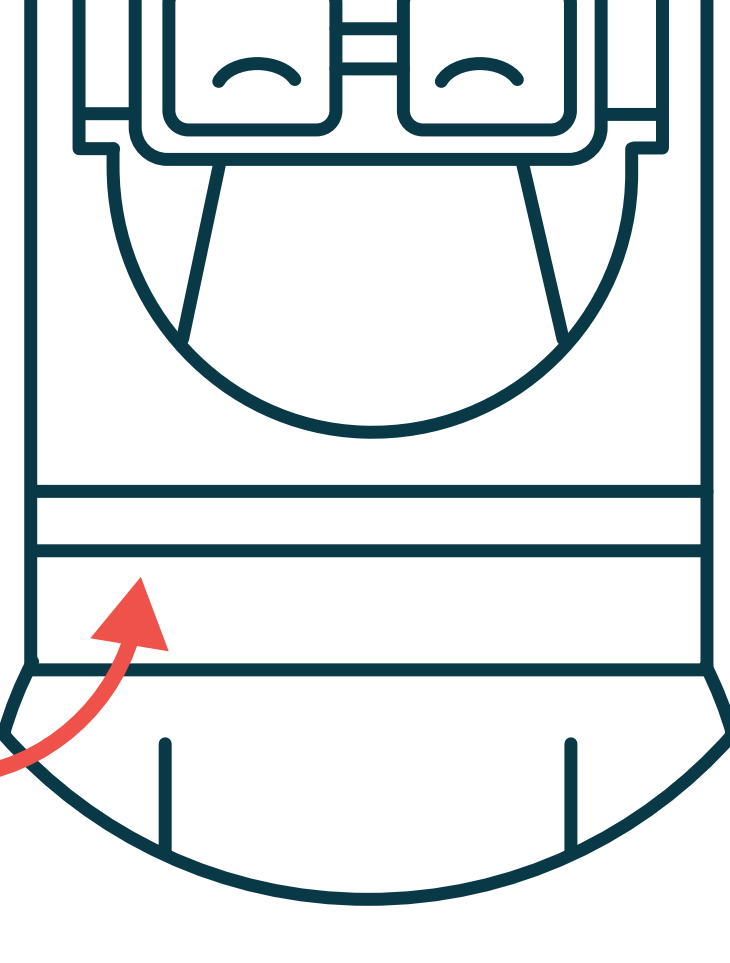
- FEVER
- COUGH
- SHORTNESS OF BREATH

If you're having symptoms, **call your doctor**, because they may want to do a test.

If you get a test, a swab will be used to take a sample of fluid from your nose or throat.



Health care worker in protective wear



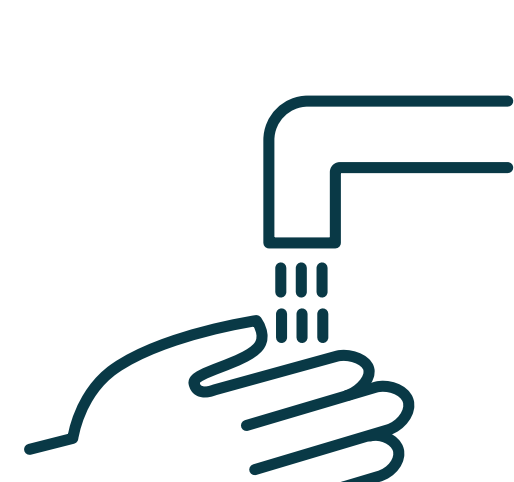
Even if you don't feel sick right now, it's important to **protect yourself and others** from getting sick and spreading the infection.

Here's what you can do.



1 Limit where you go in your community.

2 Stay home to avoid people who may be infected.



3 Wash your hands often and well, especially after you cough or sneeze.

- Use soap and water.
- Scrub for at least 20 seconds.

If soap and water aren't available, use an alcohol-based hand sanitizer.



4 Avoid touching your mouth, nose, and eyes.



5 Stay home and ask people not to visit you.

As health care and other community services learn more about COVID-19, information can change.

It's a good idea to know what's happening in your community, schools, and work. Find reliable sources of information that give you facts about new cases and what you can do to prevent spreading the virus.

Three online resources that you can trust:



The Government of Canada
canada.ca

The U.S. Centers for Disease Control and Prevention
cdc.gov

The World Health Organization
who.int

What can you do if you're worried?

If you have symptoms, **call first before seeking care.**

You can call your doctor, telehealth provider, or nurse call line.