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.

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.

What is COVID-19?

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.

SYMPTOMS INCLUDE:

- Fever
- Cough
- Shortness of breath

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

If you have symptoms, call first before seeking care. You can call your doctor, telehealth provider, or nurse call line.

What can you do if you're worried?

The Government of Canada

canada.ca

The U.S. Centers for Disease Control and Prevention

cdc.gov

The World Health Organization

who.int

Three online resources that you can trust:

- The Government of Canada
- The U.S. Centers for Disease Control and Prevention
- The World Health Organization

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

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