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.

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

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

SYMPTOMS INCLUDE:
- Fever
- Cough
- Shortness of breath

People who are very sick are treated in a hospital. Most people only have mild symptoms or even none at all.

If you're having 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?
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

If you have symptoms, call first before seeking care. The use of any telehealth service may vary from province to province, so please call your local health authority for specific advice.

What is COVID-19?
COVID-19 spreads person-to-person through droplets from coughing and sneezing.

How is it spread?
- It can cause fever, cough, and trouble breathing.
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