

What is the new coronavirus virus?

Coronaviruses are a large family of viruses, causing from the common cold to more severe diseases. The coronavirus (COVID-19) is a new coronavirus identified in China in late December 2019. It has since spread to other countries in the world.

What are the symptoms?

Symptoms of novel coronavirus are similar to influenza and include: fever, cough and/or difficulty breathing. In severe cases, the infection can lead to hospitalization or death.

Am I at risk of getting it?

- At this time, the Public Health Agency of Canada (PHAC) states the risk of coronavirus to Canadians is low
- You are at risk of getting sick with the novel coronavirus if you have:
 - recently travelled to a country affected by COVID-19 (mainland China, Hong Kong, Iran, Italy, Japan, Singapore, South Korea) * please see PHAC travel advisory website below for updated countries
 - been in close contact with someone tested and has the virus
 - been in close contact with a suspected case of the virus
 - been in close contact with someone who has recently travelled to the affected area and has symptoms of respiratory illness listed above
 - If you are at risk of getting the virus and you have symptoms of fever, cough, or shortness of breath, call your health care provider or nursing station right away
- Your risk of becoming very sick may be higher if you have a weakened immune system – this includes older adults and people with chronic diseases such as diabetes, heart problems or cancer

How can I protect myself?

- You can protect yourself the same way as would from the flu, such as:
 - ✓ washing your hands frequently with soap and water for at least 20 seconds
 - ✓ avoid touching your eyes, nose, or mouth with unwashed hands
 - ✓ covering your mouth and nose with a tissue or arm when coughing and sneezing
 - ✓ avoid people who are sick
 - ✓ stay home if you are sick and limit visitors

Is there treatment for the coronavirus?

- There are no specific treatments or vaccines for coronaviruses
- Most people will recover on their own and are advised to drink lots of water or fluids, get rest and sleep, and try a humidifier or a hot shower to help with a sore throat or cough
- People who are very sick with symptoms (such as difficulty breathing) or are at risk of complications, should go to the emergency department or nursing station to be assessed
 - Call the clinic before going in to tell them about your symptoms and risks



For additional Resources:

- Current information visit Ontario Ministry of Health at www.ontario.ca/coronavirus
- Public Health Agency of Canada COVID-19 toll free at: **1-833-784-4397**
- Public Health Agency of Canada COVID-19 travel advisory: www.travel.gc.ca
- Coronavirus and First Nations Communities website: <https://www.sac-isc.gc.ca/eng/1581964230816>
- Your Public Health Office/Health Centre/Nursing Station at: _____