

# CORONAVIRUS Pandemic

## COVID-19 Information & Facts

The Coronavirus (COVID-19) is a new disease that has not been previously identified in humans. COVID-19 can cause diseases ranging from the common cold to more severe respiratory diseases.

By working together we can minimize the impact of this virus to help keep our communities safe.

### PREVENTION

#### Travel Recommendations

We recommend cancelling all non-essential travel.



Wash or Sanitize your hands



Cover your cough and sneeze



Avoid touching your face

- Clean surfaces
- Eat well and get rest

### DETECTION

SYMPTOMS MAY TAKE UP TO 14 DAYS TO APPEAR AFTER YOU HAVE COME IN CONTACT WITH IT. **SYMPTOMS MAY INCLUDE:**



Fever



Cough



Difficulty Breathing

- Symptoms are usually mild to moderate.
- You may not know you have the symptoms because they are similar to the cold or flu.
- In severe cases, death can be an outcome.

### ACTION

#### Self-Monitor & Self-Isolate

Avoid Public Spaces

#### SELF-MONITOR

IF YOU DO DEVELOP SYMPTOMS:



Self-Isolate Immediately



Wear a Mask & Wash your Hands Often



Call then visit your local Nursing Station

#### SELF-ISOLATE



Stay at home

Avoid Contact with others, especially Elders



Keep at least 2 metres away from others

Wear a mask

### INFORMATION

If you are feeling unwell:

- Self-isolate immediately
- Take a self-assessment test
- Contact your health care provider

Call your Local Nursing Station  
or Telehealth Ontario (1-866-797-0000)

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SELF-ASSESSMENT  
[COVID-19.ONTARIO.CA/SELF-ASSESSMENT](https://COVID-19.ONTARIO.CA/SELF-ASSESSMENT)



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