

ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
 - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ canada.ca/coronavirus

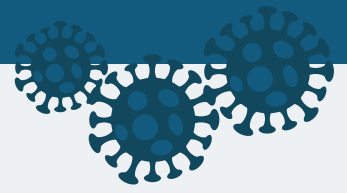
✉ phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



CORONAVIRUS DISEASE (COVID-19)

While abroad, you may have come in contact with the **novel coronavirus**. For the next 14 days, the Public Health Agency of Canada asks that you:

- ▶ monitor your health for **fever, cough and difficulty breathing**; and,
- ▶ avoid places where you cannot easily separate yourself from others if you become ill.

To further protect those around you, wash your hands often and cover your mouth and nose with your arm when coughing or sneezing.

If you start having symptoms of **COVID-19**, isolate yourself from others as quickly as possible. Immediately call a health care professional or the public health authority in the province or territory where you are located (see back of sheet). Describe your symptoms and travel history. They will provide advice on what you should do.

Government of Canada novel coronavirus information line: **1-833-784-4397**

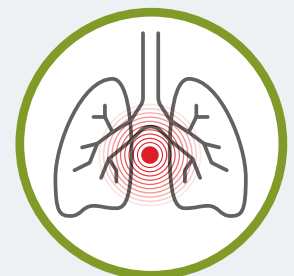
canada.ca/coronavirus



**FEVER
FIÈVRE**



**COUGH
TOUX**



**DIFFICULTY BREATHING
DIFFICULTÉ À RESPIRER**

MALADIE À CORONAVIRUS (COVID-19)

Durant votre voyage, vous pourriez avoir été en contact avec le **nouveau coronavirus**. Au cours des 14 prochains jours, l'Agence de la santé publique du Canada vous demande :

- ▶ de surveiller votre état de santé, si vous développez **une fièvre, une toux ou si vous avez de la difficulté à respirer**;
- ▶ d'éviter les endroits où vous ne pouvez pas vous séparer facilement des autres si vous devenez malade.

Pour mieux protéger les gens autour de vous, lavez-vous les mains souvent et couvrez-vous la bouche et le nez avec votre bras lorsque vous toussiez ou éternuez.

Si vous commencez à avoir des symptômes du **COVID-19**, isolez-vous des autres aussi rapidement que possible. Appelez immédiatement un professionnel de la santé ou l'autorité de santé publique de la province ou du territoire où vous vous trouvez (voir le verso de la feuille). Décrivez vos symptômes et l'historique de vos déplacements. Ils vous conseilleront sur ce que vous devez faire.

Ligne d'information du Gouvernement du Canada sur le nouveau coronavirus : **1-833-784-4397**

canada.ca/le-coronavirus



PUBLIC HEALTH AUTHORITIES

AUTORITÉS DE SANTÉ PUBLIQUE

British Columbia	Colombie-Britannique	811
Alberta	Alberta	811
Saskatchewan	Saskatchewan	811
Manitoba	Manitoba	1-888-315-9257
Ontario	Ontario	1-866-797-0000
Quebec	Québec	811
New Brunswick	Nouveau-Brunswick	811
Nova Scotia	Nouvelle-Écosse	811
Prince Edward Island	Île-du-Prince-Édouard	811
Newfoundland and Labrador	Terre-Neuve-et-Labrador	811 or ou 1-888-709-2929
Nunavut	Nunavut	867-975-5772
Northwest Territories	Territoires du Nord-Ouest	911
Yukon Territory	Territoire du Yukon	811

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

HYGIENE

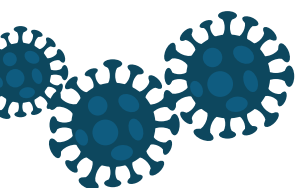
- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products



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COVID-19 — BE PREPARED

Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

Stock up on:

- ▶ Dried pasta and rice
- ▶ Pasta sauces
- ▶ Canned soups, vegetables and beans
- ▶ Pet food and supplies
- ▶ Feminine hygiene products
- ▶ Thermometer
- ▶ Diapers
- ▶ Soap
- ▶ Alcohol-based hand sanitizer
- ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children)
- ▶ Facial tissue
- ▶ Toilet paper
- ▶ Paper towels
- ▶ Plastic garbage bags
- ▶ Dish soap
- ▶ Laundry detergent
- ▶ Household bleach
- ▶ Household cleaning products

Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

Stay Informed

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