

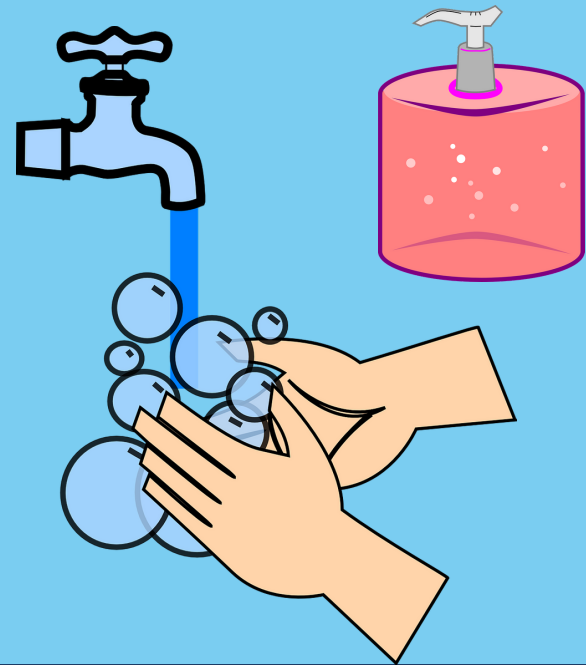
CORONAVIRUS

COVID - 19

HOW TO PROTECT YOURSELF AND OTHERS

WASH YOUR HANDS FREQUENTLY

Wash with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol



GOOD RESPIRATORY HYGIENE

Cover your mouth and nose with your bent elbow or disposable tissue when you cough or sneeze. Then properly dispose of the used tissue and wash/sanitize your hands afterwards.

SOCIAL DISTANCING

Try to avoid any social gathering or crowds. Avoid social contact like handshake or hugs with people in general.



AVOID TOUCHING MOUTH, EYES OR NOSE WITH UNWASHED HANDS

Keep a sanitizer, few disposable tissues and cleaning wipes with you



Useful websites

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html#_Stock_up_on

CORONAVIRUS

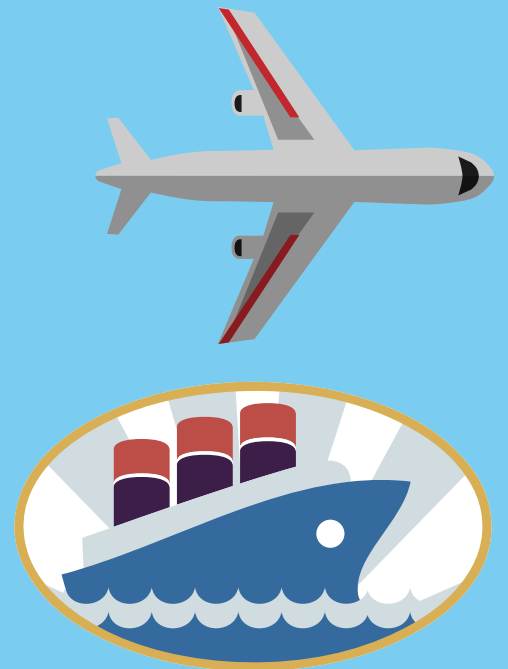
COVID - 19

HOW TO PROTECT YOURSELF AND OTHERS

CHECK TRAVEL ADVISORIES

The Travel Advice and Advisories are the Government of Canada's official source of destination-specific travel information.

Visit <https://travel.gc.ca/travelling/advisories>



WATCH FOR SYMPTOMS

The following symptoms may appear 2-14 days after exposure

- Fever
- Cough
- Shortness of breath

CHRONIC MEDICAL CONDITIONS

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.



STOCK UP THE ESSENTIALS



It makes sense to fill your cupboards with non-perishable health friendly food items, easy-to-prepare foods pet food, toilet paper, facial tissue, feminine hygiene products, diapers etc, Having these supplies on hand will ensure you do not need to leave your home at the peak of the outbreak or if you become ill.

Useful websites

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/checklist.html>

<https://www.who.int/health-topics/coronavirus>

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WHAT TO DO IF YOU ARE SICK

STAY HOME EXCEPT TO GET MEDICAL CARE

- Self isolate as per physician's advice
- Avoid public areas
- Avoid public transportation
- If you are scheduled for dialysis, please let the staff know about your condition

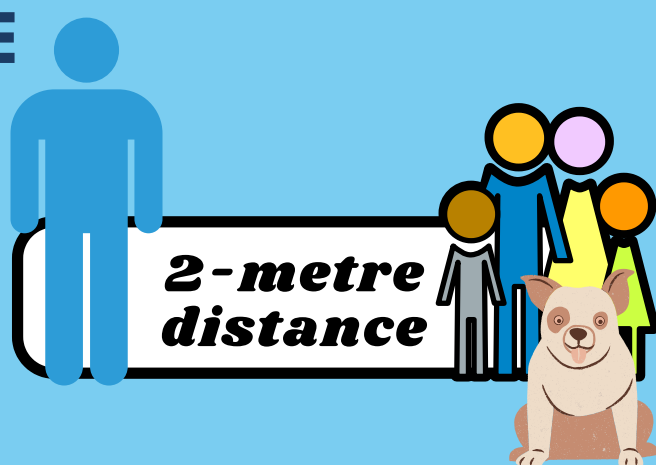


IF YOU THINK YOU HAVE THE SYMPTOMS

Call ahead before visiting your doctor's office to avoid possible exposure to others

SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

Stay as much away from others as possible. If available use a separate room and washroom.



GET RELIABLE INFORMATION

Check Government websites in your area/ country to get reliable information.

Contact The Public Health Agency of Canada

1-833-784-4397 for COVID-19 information

Email: phac.info.aspc@canada.ca