



**PROTECT  
FROM  
VIRUS**

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## KNOW THE FACTS

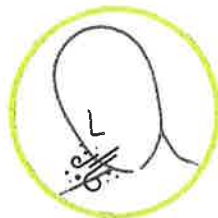
# ABOUT CORONAVIRUS DISEASE (COVID-19)

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.

Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

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.

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;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



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## RENSEIGNEZ-VOUS SUR LES FAITS

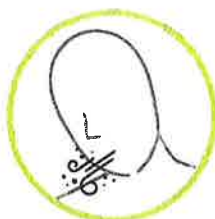
# AU SUJET DE LA MALADIE À CORONAVIRUS (COVID-19)

Le COVID-19 est une maladie causée par un coronavirus. Les coronavirus humains sont communs et causent habituellement des maladies bénignes qui ressemblent au rhume.

Les symptômes d'une infection à coronavirus humain peuvent être très bénins ou plus graves, notamment :



**FIÈVRE**



**TOUX**



**DIFFICULTÉ À RESPIRER**

Jusqu'à 14 jours peuvent séparer l'exposition au virus et l'apparition des symptômes.

Les coronavirus sont le plus souvent transmis par une personne infectée des façons suivantes :

- ▶ gouttelettes respiratoires générées lorsque vous toussiez ou éternuez;
- ▶ contact personnel étroit, comme un contact direct ou une poignée de main avec une personne infectée;
- ▶ contact avec des surfaces infectées, suivi du contact de la main avec la bouche, le nez ou les yeux avant de se laver les mains.

Nous n'avons pas connaissance que ces virus puissent se transmettre par les systèmes de ventilation ou se propager dans l'eau.

Voici les meilleures façons de prévenir la transmission des infections :

- ▶ lavez-vous souvent les mains avec de l'eau et du savon pendant au moins 20 secondes;
- ▶ évitez de vous toucher les yeux, le nez et la bouche sans vous être d'abord lavé les mains;
- ▶ évitez les contacts rapprochés avec des personnes malades;
- ▶ toussiez et éternuez dans le creux du bras et non dans les mains;
- ▶ si vous êtes malade, restez chez vous pour éviter d'infecter d'autres personnes.

**Pour en savoir plus au sujet du coronavirus :**

1-833-784-4397

[canada.ca/le-coronavirus](https://canada.ca/le-coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

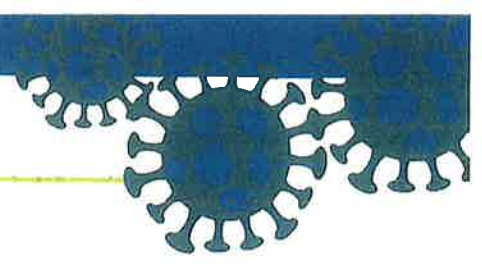


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## COVID-19 — BE PREPARED



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

For more information on coronavirus

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus) | [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



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## COVID-19 — SOYEZ PRÊT

Le système de santé du Canada est prêt à intervenir pour les cas qui se présentent au Canada, mais il est important que les personnes et les collectivités soient prêtes en cas de maladie répandue au pays.

### Planifiez à l'avance

Prenez le temps de réfléchir à ce que vous ferez si vous ou un membre de votre famille tombez malade et avez besoin de soin. Pensez à :

- ▶ La nourriture et les articles ménagers dont vous aurez besoin pour vous et votre famille
- ▶ Les médicaments nécessaires, y compris le renouvellement des ordonnances en avance

Discutez de votre plan avec votre famille, vos amis et voisins, et mettez en place un système afin de prendre des nouvelles les uns des autres par téléphone, courriel ou texto en cas de nécessité.

### Préparez-vous

Ayez des provisions à portée de main afin de ne pas avoir à quitter votre domicile si vous tombez malade. Ajoutez quelques articles supplémentaires à votre panier d'épicerie chaque fois que vous faites vos courses. Cela allège la charge des fournisseurs et peut également contribuer à alléger votre charge financière.

### Faites des provisions de :

- |   |   |                                     |
|---|---|-------------------------------------|
| ▶ Pâtes alimentaires sèches et riz            | ▶ Couches   | ▶ Papier de toilette                |
| ▶ Sauces pour pâtes                           | ▶ Savon   | ▶ Essuie-tout                       |
| ▶ Soupes, légumes et légumineuses en conserve | ▶ Désinfectant à main à base d'alcool   | ▶ Sacs à poubelle en plastique      |
| ▶ Nourritures et produits pour animaux        | ▶ Médicaments contre la fièvre (acétaminophène ou ibuprofène pour adultes et enfants) | ▶ Savon à vaisselle                 |
| ▶ Produits d'hygiène féminine                 | ▶ Mouchoirs   | ▶ Détergent à lessive               |
| ▶ Thermomètre                                 |   | ▶ Eau de Javel                      |
|   |   | ▶ Produits de nettoyage domestiques |

### Restez en santé et limitez la propagation

- ▶ Lavez-vous les mains fréquemment avec du savon et de l'eau chaude pendant au moins 20 secondes.
- ▶ Éternuez ou tousez dans votre bras ou manche.
- ▶ Faites un signe de la main ou donnez un petit coup du coude au lieu de la poignée de main, d'une étreinte ou d'un baiser.
- ▶ Réduisez votre exposition dans les endroits bondés en faisant des achats ou en utilisant les transports en commun en dehors des heures de pointe.
- ▶ Encouragez les gens que vous savez malades de rester à la maison jusqu'à ce qu'ils n'aient plus de symptômes.
- ▶ Si vous devenez malade, restez à la maison jusqu'à ce que vous n'ayez plus de symptômes. Communiquez avec un professionnel de la santé ou l'autorité locale de santé publique et énumérez vos symptômes. Ils vous donneront des conseils sur ce que vous devez faire ensuite.

### Restez informé

Pour en savoir plus au sujet du coronavirus

1-833-784-4397

[canada.ca/fr/coronavirus](https://canada.ca/fr/coronavirus) [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



## Risk Levels and Precautions for COVID-19

This chart can be used to help assess your potential exposure to the novel coronavirus COVID-19. This information does not replace the advice of your healthcare provider or public health unit. If you have questions on your potential exposure to COVID-19 please contact your [local public health unit](#). This information will be updated as the situation on COVID-19 continues to evolve.

Exposure History	Instructions	Resources
Individual being tested for COVID-19	Self isolate until cleared by local public health unit	<a href="#">How to Self Isolate</a> <a href="#">Self-Isolation Guidance for Close Contacts</a>
Recent travel to Hubei province <b>OR</b> Iran <b>OR</b> another affected area where returning travelers are advised to self-isolate <b>OR</b> Known close contact with a case	Self isolate for 14 days from last known exposure If symptoms develop, contact your local public health unit	<a href="#">How to Self Isolate</a> <a href="#">Self-Isolation Guidance for Close Contacts</a>
Recent travel to mainland China or another <a href="#">affected area</a> where returning travelers are advised to self-monitor <b>OR</b> Known non-close contact with a case	Self-monitor for symptoms for 14 days from last known exposure If symptoms develop, self-isolate immediately and contact your local public health unit	<a href="#">How to Self-Monitor</a>
No known contact with a case	Continue with regular good hygiene practices	<a href="#">Ontario Ministry of Health</a>





## Being prepared

Although China remains the epicentre of the COVID-19 outbreak, more countries are reporting cases. Some countries may not have the capacity to detect or contain the disease. This means global efforts to stop the spread of the disease may not be enough to prevent a pandemic (global outbreak).

While the risk to Canadians is still **low**, it is important to be prepared at the individual and community level for all possible scenarios.

Canada's public health system is well equipped to contain cases coming from abroad. However, we are ready to shift our approach quickly if need be, from containment to slowing the spread of COVID-19.

In order to mitigate the impacts of COVID-19, **everyone has a role to play**. It takes more than governments and action from the health sector to protect the health and safety of Canadians. Each of us can help our country be prepared in the event of an emergency by understanding how coronavirus spreads and how to prevent illness.

## For individuals

Canadians should continue to think ahead about the actions that they can take to stay healthy and prevent the spread of any illness, especially respiratory infections.

Now and always during cold and flu season, **stay home if you are sick**. Encourage those you know are sick to stay home until they no longer have symptoms.

Since respiratory viruses, such as the one that causes COVID-19, are spread through contact, change your regular greeting. Instead of a handshake, a kiss or a hug, a friendly wave or elbow bump is less likely to expose you to respiratory viruses.

Practise frequent hand hygiene and coughing/sneezing etiquette. Clean and disinfect frequently touched objects and surfaces, such as toys and doorknobs.

These are the most important ways that you can protect yourself and your family from respiratory illness, including COVID-19.

## **Make a plan**

If COVID-19 becomes common in your community, you will want to have thought about how to change your behaviours and routines to reduce the risk of infection.

Your plan should include how you can change your regular habits to reduce your exposure to crowded places. For example, you may:

- do your grocery shopping at off-peak hours
- commute by public transit outside of the busy rush hour
- opt to exercise outdoors instead of in an indoor fitness class

Your plan should also include what you will do if you become sick. If you are a caregiver of children or other dependents, you will want to have thought ahead to engage backup caregivers.

You should also think about what you will do if a member of your family becomes sick and needs care. Talk to your employer about working from home if you are needed to care for a family member at home. If you, yourself, become ill, stay home until you are no longer showing symptoms. Employers should not require a sick leave note as that will put added pressure on limited health care services.

Your plan should include shopping for supplies that you should have on hand at all times. This will ensure you do not need to leave your home while you are sick or busy caring for an ill family member.

Your plan should build on the kits you have prepared for other potential emergencies. For more information on how to prepare yourself and your family in the event of an emergency, please visit [getprepared.ca](https://www.getprepared.ca).

## **Fill your prescriptions**

Refill your prescriptions now so that you do not have to go to a busy pharmacy if you do become sick. Consider seeing your health care provider to renew your prescriptions ahead of time.

## **Stock up on essentials but avoid panic buying**

At this time, it makes sense to fill your cupboards with non-perishable food items, so that you do not need to go shopping if you become sick.

It is easier on the supply chain if people gradually build up their household stores instead of making large-scale purchases all at once. To do this, you can add a few extra items to your grocery cart every time you shop. Good options are easy-to-prepare foods like:

- dried pasta and sauce
- prepared canned soups
- canned vegetables and beans

It is also a good idea to have extra stores of:

- pet food
- toilet paper
- facial tissue
- feminine hygiene products
- diapers (if you have children who use them)

The reason for stockpiling these items is not necessarily because you will need to self-isolate. 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.

## **How to care for those who are ill**

If you or a member of your family become ill with COVID-19, there are precautions that should be taken in the home.

Your health care provider will advise you if hospital care is more appropriate. Refer to the [guidance for health professionals](#) when caring for someone with COVID-19 in a hospital setting.

To prepare for this potential situation, you should have on hand:

- soap
- facial tissue
- alcohol-based hand sanitizer
- paper towels
- household cleaning products
- regular detergents for washing dishes and doing laundry
- fever-reducing medications, such as acetaminophen or ibuprofen
  - this includes products for children if you are a parent or caregiver
- plastic garbage bags for containing soiled tissues and other waste
- household bleach for creating a solution of 1 part bleach to 9 parts water to disinfect surfaces

### **Get reliable information**

Make sure that you get high-quality information about COVID-19 from reliable sources. The Public Health Agency of Canada is a reliable source of information, as are provincial and territorial public health authorities.

If you are finding that the news media is making you feel anxious, take a break from it.

### **Communicate with family, friends and neighbours**

Let your family, friends and neighbours know that you are making plans to prepare for COVID-19. Share your plan with them, as this might motivate them to make their own.

Talk to them about a buddy system in which you agree to check in on each other and run essential errands if you become sick.

# Prevent the spread of illness



Public Health  
Santé publique  
SUDBURY & DISTRICTS

## Quick tips to stop germs in their tracks.

### 1 Wash your hands often

Handwashing is the best way to prevent the spread of illness. When soap and water are not available, use hand sanitizers with an alcohol content of at least 60%. Remember to scrub for at least 15 seconds! Handwashing is particularly important before you eat.



### 2 Cover your mouth and nose

Use a tissue, or cough or sneeze into your sleeve, if a tissue is not available. Throw used tissues into the garbage right away.



### 3 Get vaccinated

Make sure you and your family are up-to-date on your vaccinations. Remember to get the annual influenza vaccine.



### 4 Don't touch your face

Touching your face increases the chance of spreading germs to your nose and mouth and causing an infection.

### 5 Stay home when you're feeling sick

It is important to stay home when you are feeling ill. This includes avoiding work, school, daycare, or extra-curricular activities.

### Clean and disinfect

Clean and disinfect frequently used areas and objects in your home, daycare, office, and classroom to help prevent the spread of germs (door handles, light switches, toys, etc.).



For more information visit [phsd.ca](http://phsd.ca)

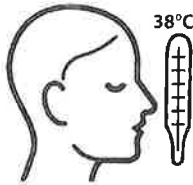


## Coronavirus Disease 2019 (COVID-19)

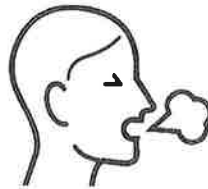
# How to self-monitor

**Follow the advice that you have received from your health care provider.**  
**If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.**

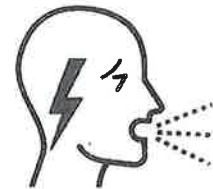
### Monitor for symptoms for 14 days after exposure



**Fever**



**Cough**



**Difficulty breathing**

### Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

### What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

### Contact your public health unit:

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### Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus)





## Coronavirus Disease 2019 (COVID-19)

# How to self-isolate

**Follow the advice that you have received from your health care provider.  
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.**

## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



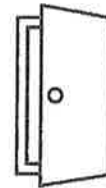
## Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



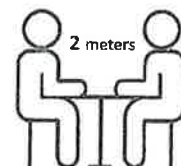
## Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



## Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



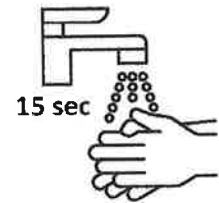
## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



## Contact your public health unit:

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## Learn about the virus

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The information in this document is current as of February 14, 2020

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