

What is Novel Coronavirus (COVID-19)?

The novel coronavirus (COVID-19) is a new coronavirus that appeared first in Wuhan, China and has since had cases in many countries around the world. A novel coronavirus is one that has not been identified in humans before. It is being referred to as COVID-19 (as of February 11, 2020) and belongs to the coronavirus family, which cause a wide range of illnesses ranging from the common cold to more severe respiratory illnesses.

What are the symptoms of COVID-19?

Symptoms range from common to severe respiratory illnesses and include:

- flu/cold-like
- fever
- cough
- difficulty breathing

It is important to self-monitor for symptoms and self-isolate if you have travelled outside Canada because individuals can have the virus and not show symptoms for up to 14 days.

There are no specific treatments for coronavirus, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

You should:

- drink plenty of fluids
- get rest and sleep as much as possible
- try a humidifier or a hot shower to help with a sore throat or cough

If you start to experience symptoms

- Anyone who begins to feel unwell (fever, new cough or difficulty breathing) should return home and self isolate immediately.
- People who are self-isolating should seek clinical assessment over the phone- either by calling their primary care provider's office or Telehealth Ontario 1-866-797-0000. If you need additional assessment, your primary care provider or Telehealth Ontario will direct you to in-person care options.

**IF YOU NEED IMMEDIATE MEDICAL ATTENTION YOU SHOULD CALL 911
AND MENTION YOUR TRAVEL HISTORY AND SYMPTOMS.**

RELIABLE INFORMATION SOURCES



COVID-19 WDGPH Call Centre
1-800-265-7293 ext. 7006
Monday-Friday from 9 a.m. – 8 p.m.
Weekends from 9 a.m. – 3 p.m.



www.wdgppublichealth.ca



www.ontario.ca



Government
of Canada

www.canada.ca



www.publichealthontario.ca

**View Your Lab Results
Online**



<https://covid-19.ontario.ca/index.html>

Please note, information is changing rapidly. Please check back to your local public health website often for new information and updates.

What is the incubation period before symptoms present?

The average incubation period is about 5 days. The incubation period varies and can be more or less than 5 days, however, evidence indicates it is less than 14 days. Symptoms of fever, cough or difficulty breathing need to be considered in the context of whether you or someone you have been in close contact with has travelled outside of Canada in the past 14 days.

How does COVID-19 spread?

Originally, many of the patients in the outbreak in Wuhan, China reported a link to a large seafood and animal market, suggesting animal-to-person spread. However, person-to-person spread is how the virus is transmitted.

The science on the disease indicates it is spread through “droplet-and-contact” transmission – like the common cold or influenza.

The virus can live on hard surfaces for 2-3 days. The best advice in terms of prevention is to wash hands frequently and thoroughly, keep your hands away from your eyes and nose, and to wash and disinfect high-touch surfaces like phones, doorknobs and light switches.

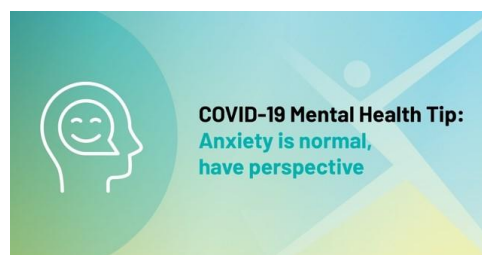
Who is Most at Risk?

Those most at risk are:

- People experiencing symptoms AND any international travel within 14 days of illness onset.
- Close contact with someone who is ill and who has travelled outside Canada in the past 14 days.
- Based on reported cases, approximately 80 percent of people who get the virus have mild symptoms, 20 percent have more severe symptoms and 5 percent become critically ill.
- The elderly (65+) and people with compromised immune systems or underlying medical conditions are most at risk from getting a more critical case of the novel coronavirus.

Who is considered a “Close Contact”?

A close contact is defined as a person who provided care for the patient, including healthcare workers, family members or other caregivers, or who had other similar close physical contact OR who lived with or otherwise had close prolonged contact with a probable or confirmed case while the case was ill.

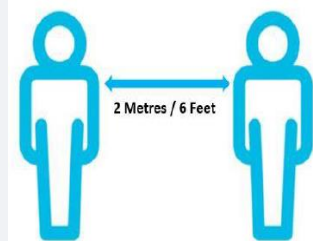


In what may be a difficult time for many, the Canadian Mental Health Association (CMHA) is offering some basic tips to help people remain calm and balanced as this public health situation unfold. See web link located under Reliable Information Sources



Telehealth Ontario
1-866-797-0000

Social Distancing



Service
Canada

 **HEADWATERS**
Health Care Centre

www.headwatershealth.ca

 **Canadian Mental
Health Association**
Mental health for all

www.cmhapeeldufferin.ca

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