



COVID – 19 INFORMATION
(sourced from WHO and
Ontario Ministry of Health-
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What is COVID-19? (Source: World Health Organization)

- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.
- Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.
- The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.
- The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette.

ALWAYS COVER YOUR COUGH

- Covering your cough or sneeze can stop the spread of germs
- If you do not have a tissue, cough, or sneeze into your sleeve
- Keep your distance (more than 2 meters/6 feet) from other people
- Currently, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatment.

PREVENTION AND TRANSMISSION

The virus enters a person's body:

- by large respiratory droplets containing the virus that adhere to mucous membranes of a person's eyes, nose or mouth, or
- by touching a surface or an object contaminated with the virus and then proceeding to touching one's eyes, nose and mouth.

To prevent infection and to slow transmission of COVID-19, the following is recommended:

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Maintain at least a 2 metre distance between you and other people.
- Avoid touching your face, especially your eye, nose and mouth.
- Cover your mouth and nose when coughing or sneezing by sneezing or coughing into your elbow.
- Stay home if you feel unwell.

- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Incubation period:

- The incubation period is up to 14 days. Current estimates of the incubation period range from 1- 14 days with median estimates of 5-6 days between infection and the onset of clinical symptoms of the disease.

SYMPTOMS:

The COVID-19 virus affects different people in different ways. COVID-19 is a respiratory disease and most infected people will develop mild to moderate symptoms and recover without requiring special treatment. People who have underlying medical conditions and those over 60 years old have a higher risk of developing severe disease and death.

Common symptoms include:

- fever
- tiredness
- dry cough.
- New or worsening cough
- Shortness of breath

Other symptoms can include:

- aches and pains
- difficulty swallowing
- new smell or taste disorder(s)
- sore throat, runny nose, nasal congestion - *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*
- possible diarrhea, nausea, vomiting.

Other signs of COVID-19 can include (through medical intervention):

- Clinical or radiological evidence of pneumonia.

Atypical symptoms can include

Atypical symptoms/clinical pictures of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children [Presentation may include persistent fever, abdominal pain, conjunctivitis, gastrointestinal symptoms (nausea, vomiting and diarrhea) and rash]

IF YOU OR YOUR CHILD BECOME ILL

If you are showing symptoms of COVID-19, reduce your contact with others

- visit a health care professional or call your local public health authority
- call ahead to tell them your symptoms and follow their instructions
- isolate yourself at home for 14 days to avoid spreading it to others
- if you live with others, stay in a separate room or keep a 2-metre distance