



WHAT YOU NEED TO KNOW ABOUT COVID-19

Make sure that you get high quality information from reliable sources. If the news or social media is making you feel anxious, take a break.

LAMBTON: <https://lambtonpublichealth.ca/2019-novel-coronavirus/>

ONTARIO: ontario.ca/coronavirus

What is a coronavirus?

Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections.

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:

- older people
- people with chronic disease (for example, diabetes, cancer, heart, renal or chronic lung disease)

How to Protect Yourself

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- stay home if you are sick



Symptoms and treatment

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- fever
- cough
- difficulty breathing

There are no specific treatments for coronaviruses, 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 are experiencing symptoms you can:

1. Take the self-assessment at ontario.ca/coronavirus
2. Call Telehealth Ontario at 1-866-797-0000
3. Call your primary care provider for screening and instructions

Please do not visit an assessment centre if you have symptoms

Do not call 911 unless you need immediate medical attention

Testing will be prioritized to those at highest risk

Planning

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.



Think about how to change your behaviours and routines to reduce the risk of infection. For example, you may do your grocery shopping at off-peak hours.

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.

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.

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

- soap
- facial tissue
- paper towels
- alcohol-based hand sanitizer (soap and water works too)
- 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

Coronavirus Disease 2019 (COVID-19)

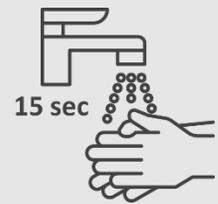
Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



Limit the number of visitors in your home

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



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



Contact your public health unit:

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

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

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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).



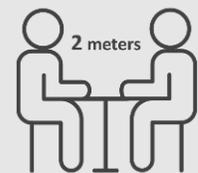
Avoid contact with others

- 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.



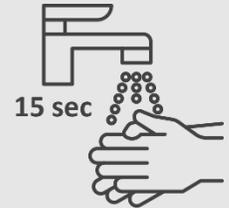
Cover your coughs and sneezes

- 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.



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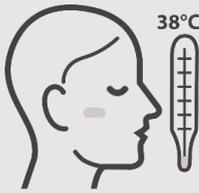
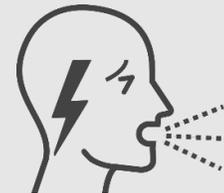
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How to self-monitor

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.

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