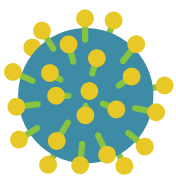
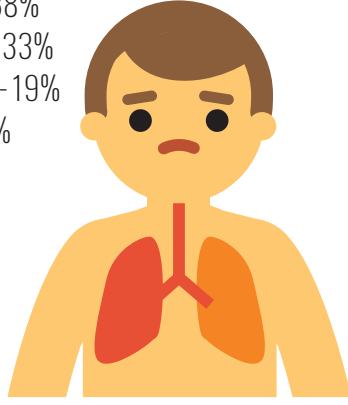
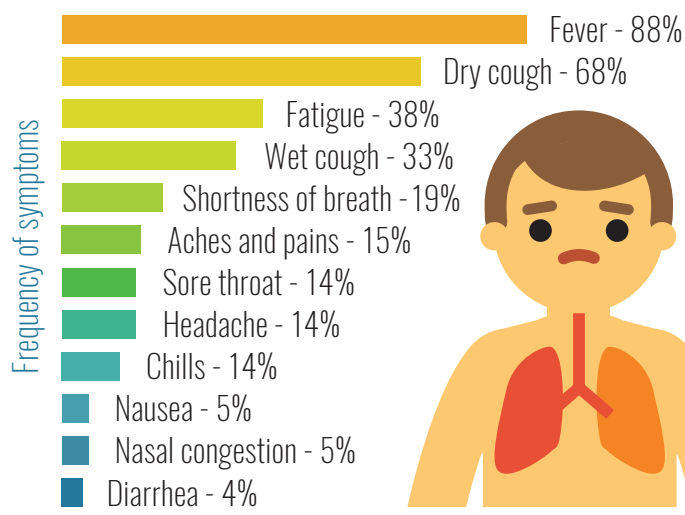


# WHAT YOU NEED TO KNOW ABOUT COVID-19

## What is COVID-19? SYMPTOMS



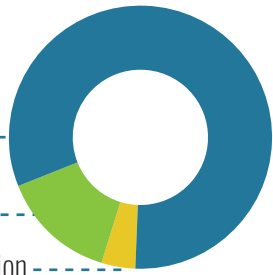
**COVID-19** is a disease ranging from no symptoms to severe respiratory distress. It is caused by a virus from the **coronavirus family**, which includes the virus that caused SARS (Severe Acute Respiratory Syndrome) in 2003.



Symptoms can develop 2-14 days after exposure.

### Severity

81% mild (no symptoms to mild pneumonia)  
14% severe symptoms  
5% critical condition  
**These patients require hospitalization.**



### Who is at high risk for developing severe disease:

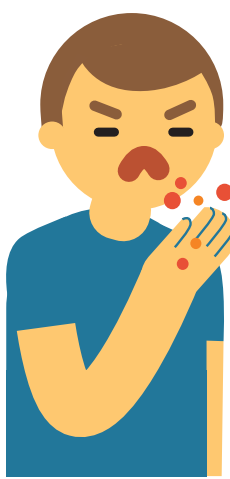


**The elderly** is especially at risk. However, younger people can also contract severe disease.



Individuals with **chronic medical conditions** and **weakened immune systems**.

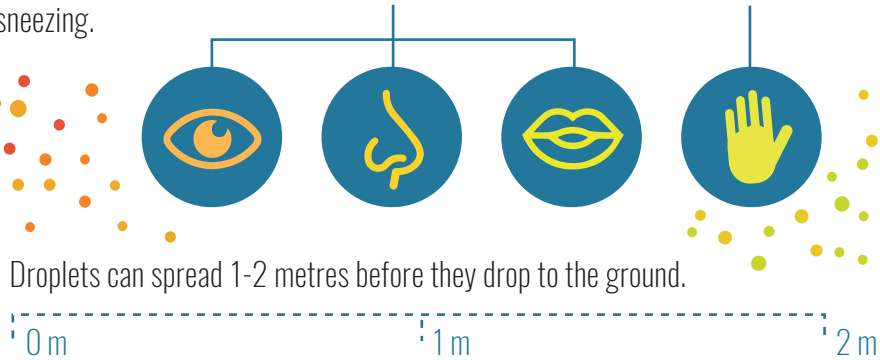
## TRANSMISSION



COVID-19 is spread via **liquid droplets**, which are transmitted by coughing or sneezing.

Droplets can enter through the eyes, nose, or throat.

They can be spread by **touch** if hands become contaminated after coughing/ sneezing.



It is possible for people with mild or even no noticeable symptoms to transmit the virus.



Be careful what you touch. The virus can live on surfaces for hours to days.

## PREVENTION

The most important measures of prevention are:

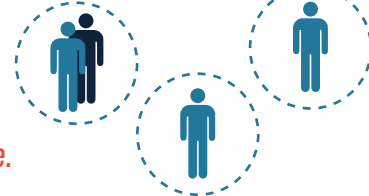


**Wash your hands** using soap on all surfaces/ creases for at least 20 seconds or use hand sanitizer frequently.



**Avoid touching your face.**

**Physical distancing:** stay home if possible and avoid public spaces and large groups of people.

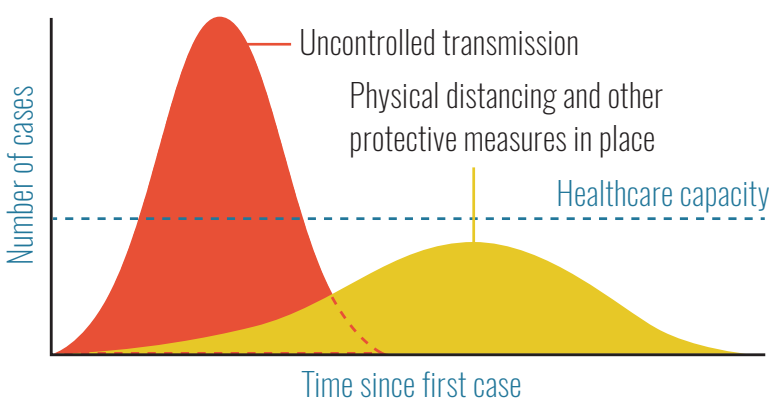


Other measures of prevention include:

- Cover sneezes and coughs using your elbow.
- Regularly disinfect frequently touched surfaces (e.g. tables, chairs, handles, etc).
- Do not share food or drinks.
- Avoid those who are feeling unwell and stay home if you are unwell.

**KEY!** WE NEED YOUR HELP TO FLATTEN THE CURVE. STAY HOME.

### What does it mean to "Flatten the Curve"?



It means to **slow the rate** of disease spread to prevent large numbers of affected individuals from **overwhelming the healthcare system**. We can achieve this together through physical distancing, good hygiene practices, and self-isolating if you have symptoms.

### Will a mask protect me from COVID-19?



If you are ill or caring for someone who is ill, you should wear a mask. Avoid touching the mask during wear. It could be contaminated.

Check local recommendations for using masks if you are not ill.

### What if I want to travel?



For now, avoid all non-essential travel outside Canada.

For more information, visit [travel.gc.ca](http://travel.gc.ca).

## WHEN TO GET TESTED

Visit [covid19.thrive.health](http://covid19.thrive.health) for the online assessment tool.

### Any severe symptoms?

- a) Severe difficulty breathing
- b) Severe chest pain
- c) Difficulty waking up
- d) Feeling confused
- e) Loss of consciousness

Yes

Call 911

No

### Any moderate severity symptoms?

- a) Shortness of breath at rest
- b) Inability to lie down due to shortness of breath
- c) Difficulty breathing complicated by other chronic health conditions

No

Yes

### Any other symptoms?

- a) Fever
- b) Cough
- c) Sneezing
- d) Sore throat
- e) Mild difficulty breathing

No

Yes

Call 811 to speak to HealthLink BC

Self isolate for at least 10 days.

- 1) Did you develop symptoms within 14 days of travel outside Canada (including to the US)? OR
- 2) Did you have contact with a person with COVID-19 (probable/ confirmed) while they were ill? OR
- 3) Did you have contact with a person who travelled outside Canada in the last 14 days and became ill?

No

Yes

**Potential risk of COVID-19 but no need for testing.**

Reassess using this flow chart or call 811 if symptoms worsen.

- 1) Have you traveled to any countries outside Canada (including the US) within the last 14 days? OR
- 2) Did you have contact with a person with COVID-19 (probable/ confirmed) while they were ill? OR
- 3) Did you have contact with a person who travelled outside Canada in the last 14 days and became ill?

No

Yes

**Likely not COVID-19.** Continue to self-monitor.

**Potential risk of COVID-19 but no need for testing.**

Self-isolate for 14 days if you answered yes to 1) or 2). If symptoms develop, self-isolate and reassess using this flowchart.

### Who should be tested for COVID-19?

Those with respiratory symptoms (fever, cough, sneeze, sore throat, shortness of breath) and any of the following:

- Are hospitalized or are likely to be hospitalized
- Are health care workers
- Are residents of long term care facilities
- Are part of an investigation of a cluster or outbreak

### Who does not need to be tested for COVID-19?

- Those without symptoms
- Those with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada.

### Who should self-isolate for 14 days?

If you have respiratory symptoms without other risk factors OR have traveled outside Canada within the last 14 days, please self-isolate for at least 14 days.