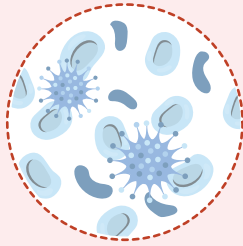


COVID-19 things to know

COVID-19 is the short name for **novel coronavirus disease** first recognized by health experts in 2019.



It is a new virus doctors and scientists are still learning about.



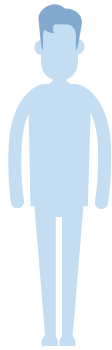
COVID-19 can make anyone sick, regardless of race, ethnicity, gender, or age.



Recently, this virus has made a lot of people sick all over the world.

How does the virus spread?

The virus spreads very easily from one person to another through liquid droplets when someone coughs or sneezes. The following information is important to help protect you and others from the virus.



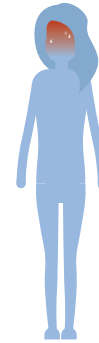
Healthy

No virus spread
Over 6 feet distance
(more than 2 arms length)



Sick with COVID-19

Virus can spread
Under 6 feet
(less than 2 arms length)

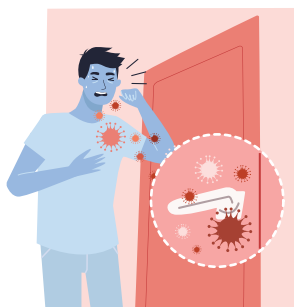


Could get sick with COVID-19



Healthy people can get sick if they touch something with the virus on it and then touch their face before washing their hands.

What are the symptoms of COVID-19?



When someone who has COVID-19 coughs or sneezes, the droplets fall onto surfaces.

Sick with COVID-19



A healthy person can get sick if they touch surfaces with the virus on it and do not wash their hands right away.

Healthy



Common symptoms



Mild symptoms

Common symptoms of COVID-19 are **fever, chills, cough, shortness of breath, tiredness,** and a **sore body**. However, some people might not feel any changes in their health.

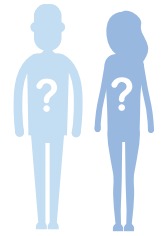
People without symptoms, or with very mild symptoms like a headache or feeling tired can spread the infection.

Stay safe from COVID-19: Protect yourself, your family and your community

Public Health is here to help

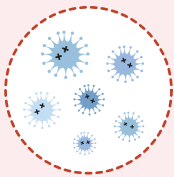


If you are diagnosed with COVID-19 or have COVID-19 symptoms or have been in contact with someone who has become sick with COVID-19, Public Health staff will ask you questions to help keep you and others safe. If you have been asked to stay home by Public Health, it is important that you follow their advice for the full number of days that you are asked.



Please answer questions openly. Your identity and information will be kept confidential.

Help stop COVID-19:



Clean your hands and disinfect surfaces to kill the virus and stop it from spreading.



Clean your hands often. Wash with soap and water for 20 seconds or use an alcohol-based hand rub.



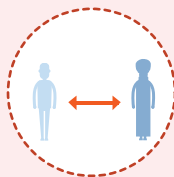
Always cover coughs and sneezes.



Stay home if you are sick. Avoid visiting others and stay home from work or school while you are sick.

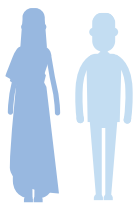


Regularly clean and disinfect surfaces that are touched often. Use disinfectant or wipe the area with 20 mL (4 teaspoons) of bleach in 1 litre (4 cups) of water.



Keep your physical distance (6 feet or 2 arms lengths) from others.

Protect older adults and people with pre-existing health conditions



People over the age of 60, or people with one or more health conditions are more likely to get very ill from COVID-19.

People with these health conditions are more likely to get very ill from COVID-19:



Diabetes



Chronic lung disease



Cancer



A weak immune system



Heart disease



Speak with a family doctor or nurse if you are concerned about whether a medical condition puts you at higher risk of COVID-19. To speak with someone in your language call **HealthLinkBC at 8-1-1**.

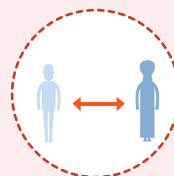
Protect older adult family members



Do not have guests over



Do not expose older adults in your family to a lot of people.



Maintain physical distancing even if you don't feel sick.



We know it can be difficult when you can't be close with your loved ones but it is so important while COVID-19 is here.