



ABOUT COVID-19

COVID-19 infection can result in death in healthy and ill people of any age. Even if recovered from COVID-19, a person may have long-term complications (such as memory loss, fatigue, breathing difficulties, heart or lung damage) that can keep them from going back to work or normal life.

SYMPTOMS:

- Most common: fever, cough, & shortness of breath
- Others include fatigue, loss of appetite, loss of taste and/or smell, muscle aches, chest pain, diarrhea, nausea/vomiting & headache

IF YOU HAVE SYMPTOMS:

1. Self isolate
2. Call 811 or visit [ahs.ca/testing](https://www.ahs.ca/testing) to book a COVID-19 test
3. If positive, self Isolate for 10 days and call your Family Doctor
4. If negative, self-isolate for 14 days or until symptoms clear



PROTECT YOURSELF AND OTHERS

COVID-19 is spread by respiratory droplets (coughing, sneezing, talking, close contact with infected individuals)



Wear masks in public spaces or when physical distancing is not possible



Avoid visiting others outside your household



Wash hands frequently with soap or alcohol sanitizer



Physically distance: stay 2 meters away from others

Who is considered a close contact?

Anyone who was within 2 meters of an infected person for over 15 minutes without protective equipment (mask + gloves + eye protection; mask alone does not count)

What should you do if you are a close contact?

Self isolate for 14 days from exposure (even if tested negative) and monitor for symptoms. If you have symptoms, get tested and isolate for an additional 10 days from start of symptoms.

What if you are sick and live with other people?

You can keep your household members safe. Self isolate by using a separate room & bathroom if possible. Use different dishes. Clean & disinfect them often. Everyone should wear masks in the home.

If we all work together, we can end this pandemic and get back to our normal lives!

For more information about COVID-19, visit: [canada.ca/covid19](https://www.canada.ca/covid19)

For more information about opportunities to support 19toZero, please contact: info@19tozero.ca