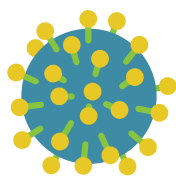


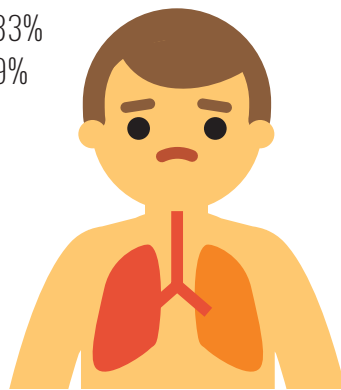
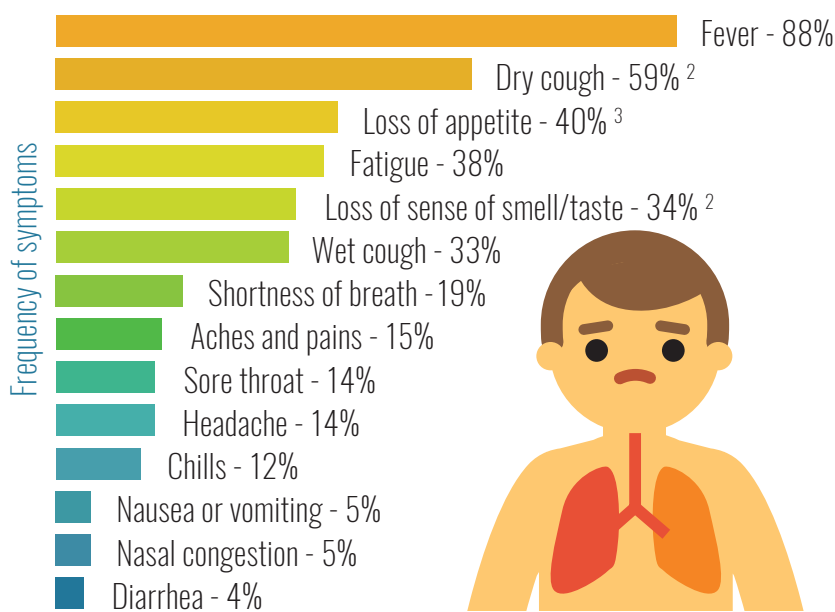
WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?



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.

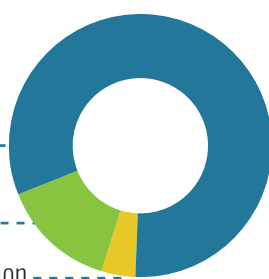
SYMPTOMS ¹



Symptoms can develop 2-14 days after exposure. These percentages likely miss cases without symptoms. The above list should not be used for self-diagnosis purposes.

Severity

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

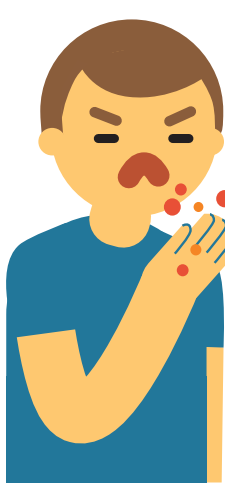


Who is at high risk for developing severe disease:

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

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

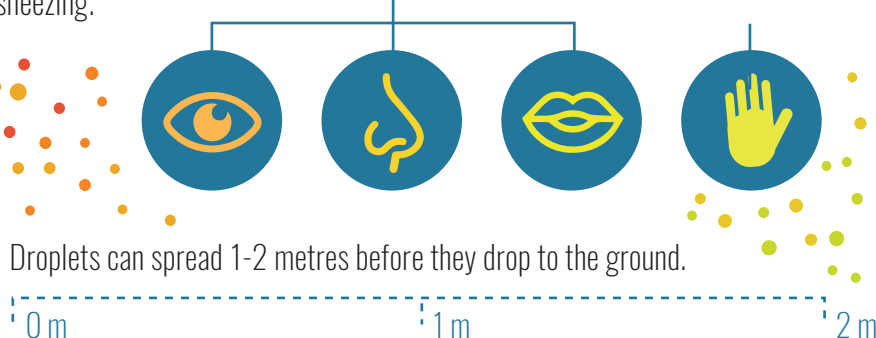
TRANSMISSION



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.

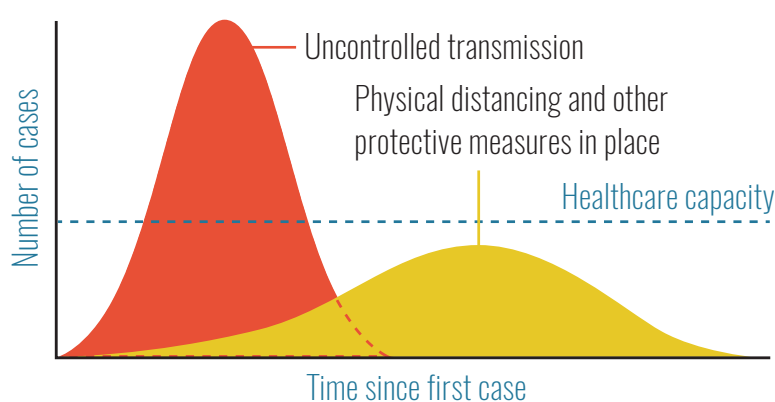


Other measures of prevention include:

- 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.

WHEN TO GET TESTED

Who does not need to be tested?

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

Who should be tested for COVID-19?

- People with new respiratory symptoms or gastrointestinal symptoms if they are:
 - Residents or staff of long term care facilities
 - Hospitalized or likely to be hospitalized
 - Part of an investigation of a cluster or outbreak.
- High risk groups with new fever or respiratory symptoms. This includes: healthcare workers, those in group homes, essential service workers, and residents of remote communities. See the BCCDC website for a comprehensive list.

Assessment Tool: Please visit bc.thrive.health for the comprehensive 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 or visit the nearest Emergency Department immediately.

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

Yes → Consult your family doctor or a nurse practitioner. If you are unable to, visit a COVID-19 Assessment and Treatment Centre, an Urgent & Primary Care Centre (UPCC), or the Emergency Department.

No →

Any other symptoms?

a) Fever
b) Cough
c) Muscle aches or fatigue
d) Sore throat
e) Headache
f) Loss of appetite
g) Chills
h) Runny nose
i) Nausea and vomiting
j) Diarrhea
k) Loss of sense of smell/ taste

Yes → Self isolate for at least 10 days¹ from the start of your symptom(s) or until you are feeling better, whichever is later. Do not go to an ED, family doctor, or walk in clinic unless your symptoms worsen.

No → Likely not COVID-19. Continue to self-monitor.

Other questions:

Have you traveled outside Canada in the last 14 days?

Yes → Under the Quarantine Act, any one arriving in BC from outside Canada must self-isolate and monitor for symptoms for at least 14 days².

Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) while they were ill? OR Have you had close contact with a person who travelled outside Canada in the last 14 days who has become ill?

Yes → Self-isolate and monitor for symptoms for at least 14 days (as this is how long it may take for symptoms to show). If you develop symptoms, please see above.

Developed under the guidance of a University of British Columbia Infectious Diseases Faculty Member
References: BC Centre for Disease Control | bc.thrive.health
¹DOI: 10.1056/NEJMoa2002032, ²DOI: 10.1093/cid/ciaa330, ³DOI: doi: 10.1001/jama.2020.1585
Disclaimer: last updated April 13, 2020. The information here is neither exhaustive nor definitive.
In medical emergencies, call 911 or visit the Emergency Department.

¹ 10 days = time you are infectious if you have symptoms
² 14 days = possible incubation time of virus
For non clinical questions regarding COVID-19, call 1-888-268-4319 (7:30 am -8:00 pm, 7 days a week).