



GRAND COUNCIL TREATY #3
HEALTH COUNCIL

NOVEL CORONA VIRUS

COVID-19 FACT SHEET

What is the new coronavirus?

Coronaviruses are a large family of viruses, causing from the common cold to more severe diseases. The coronavirus (COVID-19) is a new coronavirus identified in China in late December 2019. It has spread to other countries in the world.

What are the symptoms?

Symptoms of novel Coronavirus are similar to influenza (**Flu**) and include: **fever**, **cough** and/or **difficulty breathing**. In severe cases, the infection can lead to hospitalization or death.

How can I protect myself?

- You can protect yourself the same way as would from the flu, such as:
 - ✓ washing your hands frequently with soap and water for 20 seconds.
 - ✓ avoid touching your eyes, nose, or mouth with unwashed hands.
 - ✓ covering your mouth and nose with a tissue or arm when coughing and sneezing.
 - ✓ avoid people who are sick.
 - ✓ stay home if you are sick and limit visitors.
 - ✓ Stay away from large gatherings.
 - ✓ No hand shakes or hugs, practice elbow greetings.
 - ✓ Maintain social distancing, at least 1 meter (3 feet) between anyone who may be coughing or sneezing.

Is there treatment for the coronavirus?

- There are no specific treatments or vaccines for corona viruses.
- Most people will recover on their own and are advised to drink lots of water or fluids, get rest and sleep, and try a humidifier or a hot shower to help with a sore throat or cough.
- People who are very sick with symptoms (such as difficulty breathing) or at risk of complications, should go to the emergency department or nursing station to be assessed.





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Am I at risk of getting it?

At this time, Public Health Agency of Canada (PHAC) states the risk of coronavirus to Canadians is low.

You are at risk of COVID-19 if you have:

- recently traveled to a country affected by COVID-19 (mainland China, Hong Kong, Iran, Italy, Japan, Singapore, South Korea) * Please see PHAC travel advisory website below for updates countries
- been in close contact with someone tested and has the virus
- been in close contact with someone with a suspected case of the virus
- been in close contact with someone who has recently traveled to the affected area and has symptoms of respiratory illness listed on page 1.
- if you are at risk of getting the virus and you have symptoms of fever, cough, or shortness of breath, call your health care provider or nursing station right away.
- Your risk of becoming very sick may be higher if you have a weakened immune system - this includes older adults and people with chronic diseases such as diabetes, heart problems or cancer

For additional resources:

- Current information visit Ontario Ministry of Health at www.ontario.ca/coronavirus
- Public Health Agency of Canada COVID-19 toll free at: **1-833-784-4397**
- Public Agency of Canada COVID-19 travel advisory: www.travel.gc.ca
- Coronavirus and First Nations Communities website: www.sac-isc.gc.ca/eng/1581964230816

