



GRAND COUNCIL TREATY #3
HEALTH COUNCIL

NOVEL CORONA VIRUS

COVID-19 FACT SHEET

How coronavirus spreads?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

Preventing coronavirus

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to practice physical (social) distancing.

- ✓ Stay at home unless you have to go to work; talk to your employer about working at home, if possible
- ✓ Avoid all non-essential trips in your community
- ✓ Do not gather in groups
- ✓ Limit contact with people at higher risk, such as older adults and those in poor health
- ✓ Go outside to exercise, but stay close to home
- ✓ If you leave your home, always keep a distance of 2 metres (2 arm lengths) from others. Household contacts do not need to distance from each other unless they are sick or have travelled in the last 14 days.

For more information:

Northwest Health Unit:
1-866-468-2240 www.nwhu.ca

Risk of getting coronavirus

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered **high**.

This does not mean that all Canadians will get the disease. It means that there is already a significant impact on our health care system.





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Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol based hand sanitizer if soap and water are not available
- When coughing or sneezing: cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissue as soon as possible and wash hands.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

Wearing face masks or face coverings

Wearing a non-medical mask or face covering while out in public is optional. If you do choose to wear one, refer to Government of Canada's website guidelines on wearing non-medical masks and how to make your own.

DIY Face Coverings:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical (social) distancing.

Difference between quarantine (self-isolate) and isolate

There is a difference between advice to quarantine (self isolate) and advice to isolate. These measures are in place to protect the health and safety of Canadians.

Quarantine (self-isolate)

Quarantine for 14 days if you have **no symptoms** and **any** of the following apply:

- you are returning from travel **outside of Canada** (mandatory quarantine)
- you had close contact with someone who has or is suspected to have COVID-19
- you have been told by the public health authority that you may have been exposed and need to quarantine.

Isolate

You must isolate if any of the following apply:

- you have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- you have symptoms of COVID-19, even if mild
- you have been in contact with a suspected, probable or confirmed case of COVID-19
- you have been told by public health that you may have been exposed to COVID-19
- you have returned from travel outside of Canada with symptoms of COVID-19 (mandatory)

