

# CORONAVIRUS: EVERYTHING YOU NEED TO KNOW

## Information about Coronavirus



There has been a lot of information in the news about a virus called **Coronavirus** or **COVID-19**.

A **virus** is a type of **illness**. It can spread from **person-to-person**.

Coronavirus is a **new virus**.

Because people travel for work, to see friends and to go on holidays, **it is now in lots of countries**.

There is a **small number** of people in **Canada** who have this virus.

Most people who have the Coronavirus usually **get better on their own**.

**TO LEARN MORE ABOUT OUR PREVENTATIVE MEASURES, CONTACT US AT**

## What to look out for?

People who are sick with the Coronavirus may:



have a **cough**



have a **high temperature**



find it **harder to breathe** normally



have **sore muscles**

## How to stay safe?



**Wash your hands** regularly.



**Do not touch** your face.

## What to do?

If you have these symptoms, you must:



**Tell your family and support workers very quickly.**



**Call 811 - Health Link (ALBERTA)**

The person you speak to will tell you what you need to do next. They may tell you to stay at home and not be near other people for a number of days. This is called **self-isolation**.

Thank you to Surrey Place in Toronto for sharing this resource and the number to call if you need help has been updated for use in Alberta.

**SURREY PLACE**