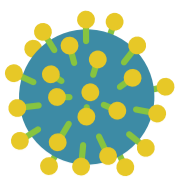
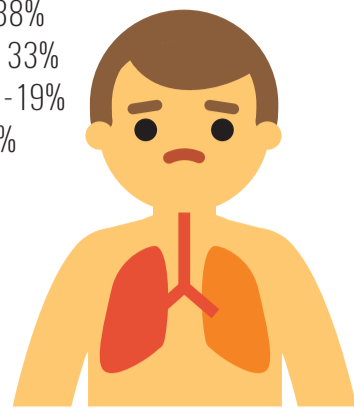
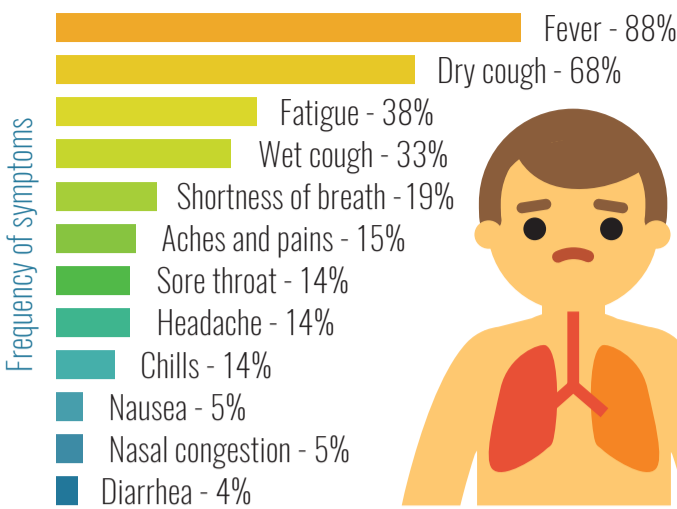


# What is COVID-19? SYMPTOMS



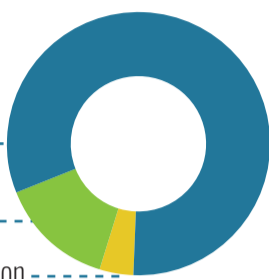
**COVID-19** is a disease ranging from no symptoms to severe respiratory distress. It is caused by a virus from the **coronavirus family**, which includes the virus that caused SARS (Severe Acute Respiratory Syndrome) in 2003.



Symptoms can develop 2-14 days after exposure.

## 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:

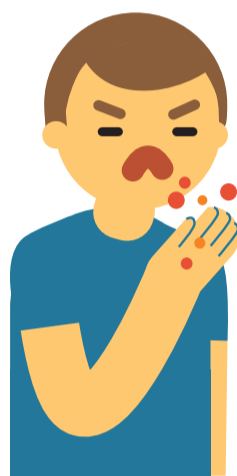


**The elderly** is especially at risk. However, younger people can also contract severe disease.



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

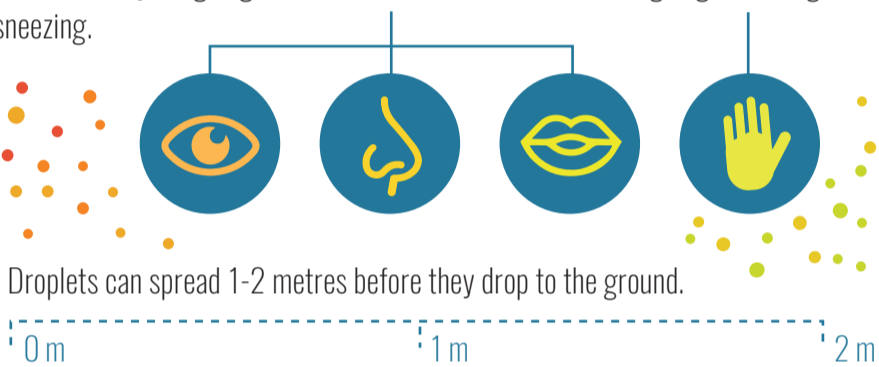
## TRANSMISSION



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.**

**Social 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).

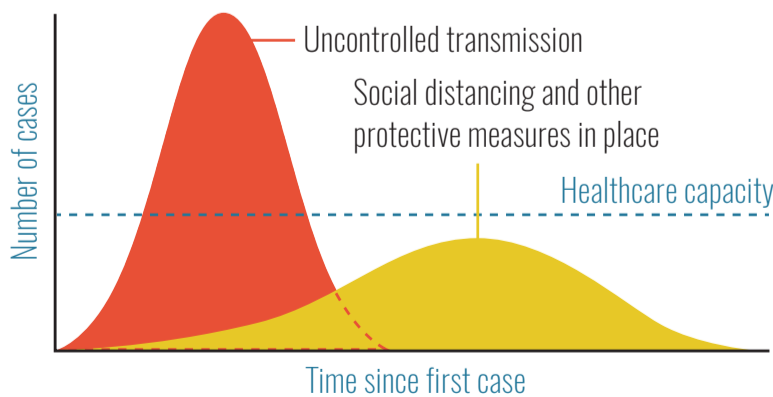
Do not share food or drinks.

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 social 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.

Masks are less effective in the community when 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](http://travel.gc.ca).