

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