Prevent COVID-19

Wash your hands often and carefully with soap and water for at least 20 seconds or clean with an alcohol-based hand rub with 60-80% alcohol content (ethanol or isopropanol).

Cough or sneeze into your elbow or sleeve, if tissue is not available. Avoid coughing and sneezing into your hands.

Practice social distancing (6 feet or 2 metres) between yourself and others. Avoid contact with anyone who is coughing or sneezing.

If you have fever, cough and difficulty breathing, seek medical care early and share travel history with your doctor.

Advice for Persons with Symptoms of COVID-19 Coronavirus Disease

www.carpha.org

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The Coronavirus Disease (COVID-19)

The virus that causes COVID-19 is a new type that has never been found in humans before.

The Symptoms

The symptoms of COVID-19 include:

- Fever
- Dry cough
- Fatigue
- Shortness of breath
- Productive cough
- Muscle pain

ADVICE FOR PERSONS WITH SYMPTOMS OF COVID-19

- Seek medical attention
  Anyone who shows symptoms of COVID-19 should seek medical attention immediately. If you are a patient with symptoms of COVID-19 and your symptoms get worse, seek additional medical attention immediately.

- Keep an eye on symptoms
  If your illness gets worse, you should call the doctor who cared for you or the emergency department where you were seen. If you have shortness of breath at rest or difficulty breathing, you should call the local emergency number.

- Wear a surgical mask
  You should wear a surgical mask when you are in the same room with other people. You should wear a surgical mask when you visit a healthcare provider. If you cannot wear a surgical mask, let your healthcare provider know before you arrive.

- Stay at home
  You should limit activities outside of your home to seeking medical care. Do not spend time in areas that you must share with others. You should not go to work, school, or public areas. You should not use public transportation or taxis. You should stay at home until cleared by the public health unit or your doctor.

- Cover coughs and sneezes
  You should cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Used tissues should immediately be placed in a bin, and hands immediately washed with soap and water for at least 20 seconds.

- Wash your hands
  You should wash your hands often and carefully with soap and water for at least 20 seconds. If you cannot get to soap and water and your hands look clean, you can use an alcohol-based hand sanitiser with 60-80% alcohol content (ethanol or isopropanol). Wash your hands or use a hand sanitiser before and after entering an area or touching things used by other people.

- Do not share household items
  You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them carefully with soap and water. You can use a dishwasher or washing machine. Or use soap and water to wash the items carefully by hand.

- Clean household surfaces
  Clean surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day wearing disposable gloves. Also, clean any surfaces that may have blood, body fluids and/or waste from the body on them. You can clean items with soap and water, sanitising wipes, or correctly diluted bleach.

- Throw away dirty items
  Place all used plastic gloves, face masks, and other used and/or unclean items into a waste bin that has a plastic bag or lining. Close the plastic bag when throwing it away. Wash your hands immediately after handling these items.

- Keep yourself away from other people where you live
  When possible, do not share areas with others. Try to stay in a different room from other people. Or, you should stay as far away as possible from other people. You should sleep in a separate bed. Use a different bathroom than others, if available. Wear a surgical mask when you are moving through rooms and other areas that have people. If you cannot wear a surgical mask, the people who live with you should wear one when they are in the same room with you. Clean any surfaces in shared areas immediately after use.

- Keep a green eye on symptoms
  Symptoms that may not have been found in humans before.

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