


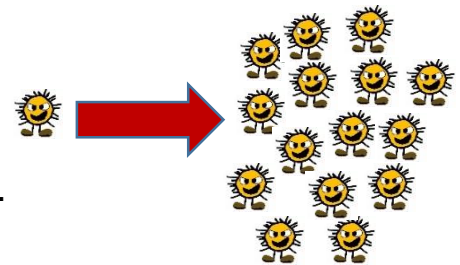
COVID-19: What is it?

- It is an illness caused by a **new coronavirus**.
- **No one is immune.**
- Typical symptoms: fever, dry cough, shortness of breath
- **Most** people who catch the virus get **mild symptoms**.
Some people show no symptoms.
- Some people can develop severe pneumonia
- In very bad cases, some people who get COVID-19 might die.
- Older people and/or people with health problems are more likely to have severe pneumonia or die.



The Coronavirus that causes COVID-19

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- Two cartoon orange characters are shown talking to each other. Several small, smiling virus particles are floating around them.
- When people who are infected with the virus talk, cough, or sneeze, their droplets contain the virus, which **spreads several feet** around them.
 - When you touch or even get close to them, you can catch the virus and potentially get very sick.
- Infected people who don't show symptoms can still spread the virus around.
 - In infected people both with and without symptoms, the virus uses the human body to make more viruses.
 - However, the virus does not survive well outside the human body (e.g on surfaces). **It will die out if we stay 6 feet apart from each other.**



COVID-19: Why do we have to help?

Hospitals can treat the people who are very sick with COVID-19.

However, if too many people get sick at the same time, our hospitals cannot take care of everyone. There won't be enough doctors, nurses, hospital beds, masks, ventilators, and medications for everyone.

We need to **slow down the spread of the virus**.

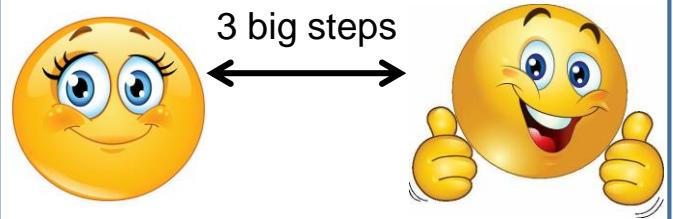
How can you help slow down the spread of COVID-19?

Advice from [Virusfacts.ca](https://www.virusfacts.ca), a website of the Ontario Medical Association.

1. **Stay at home!** Don't go out unless you really have to.



2. Stay at least 2 metres (3 big steps) away from others.



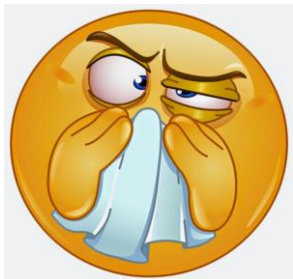
3. **Wash your hands** frequently and properly (for 20 seconds) with soap and water, or use hand sanitizers.



4. Don't touch your eyes, nose and mouth with your hands.



5. Sneeze or cough into your sleeve or a tissue. Wash your clothes often.



6. Disinfect spaces regularly, especially phones, door handles, etc.



Let's support one another:

- Say kind and encouraging words to people who live with you;
- Wave to your neighbour across the street;
- Call people who live alone and see how they are.

We will get through these uncertain times.

If you have any concerns, please contact us at the Clinic at 416-340-5145 or 22q@uhn.ca.