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

- 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.

<table>
<thead>
<tr>
<th>1. <strong>Stay at home</strong>! Don’t go out unless you really have to.</th>
<th>2. Stay at least 2 metres (3 big steps) away from others.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="House" /></td>
<td><img src="image2" alt="3 big steps" /></td>
</tr>
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</table>

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<tr>
<th>3. <strong>Wash your hands</strong> frequently and properly (for 20 seconds) with soap and water, or use hand sanitizers.</th>
<th>4. Don’t touch your eyes, nose and mouth with your hands.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3" alt="Washing hands" /></td>
<td><img src="image4" alt="No touching" /></td>
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<tr>
<th>5. Sneeze or cough into your sleeve or a tissue. Wash your clothes often.</th>
<th>6. Disinfect spaces regularly, especially phones, door handles, etc.</th>
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</thead>
<tbody>
<tr>
<td><img src="image5" alt="Sneeze" /></td>
<td><img src="image6" alt="Disinfect" /></td>
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</table>

**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](mailto:22q@uhn.ca).