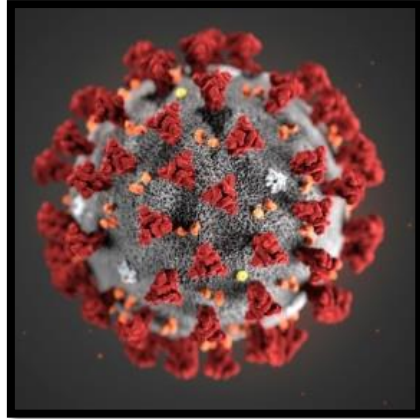


# COVID-19: The Coronavirus and What to Do



## What is COVID-19?



COVID-19, also called Coronavirus, is a virus that is similar to the flu.



It is spreading around the world and this can be very scary to people because things seem to be changing very quickly and it's not always easy to understand the information you are given.

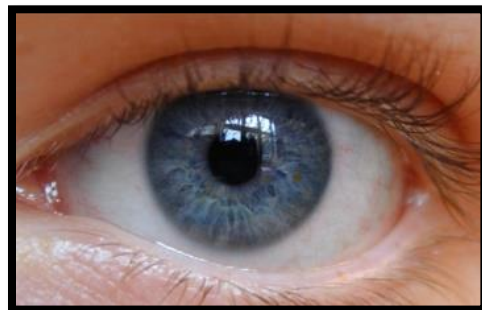
This booklet will teach you how to keep yourself, and the people around you, safe.

## How do I catch COVID-19?

You can catch COVID-19 by spending time with somebody who has it and they give you their germs.



They can do this by coughing or sneezing on you, by you shaking hands with them, or by you touching a surface that has germs on it and then touching your nose or face.



COVID-19 makes you sick by germs getting into your body through your nose, mouth or eyes.

## How do I know if I have it?

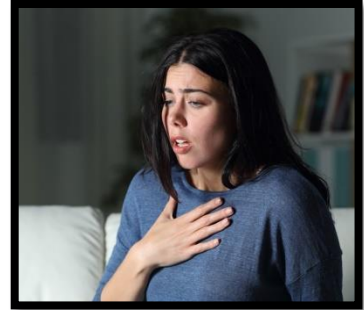
If you have any of the following symptoms, you may have COVID-19:



Coughing



Sneezing



Trouble Breathing



Fever over 39°C



Sore Throat

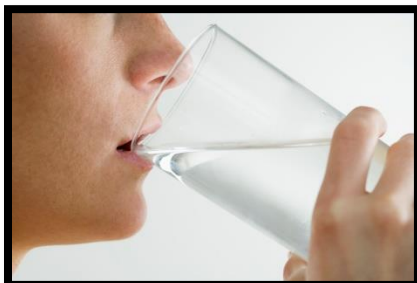
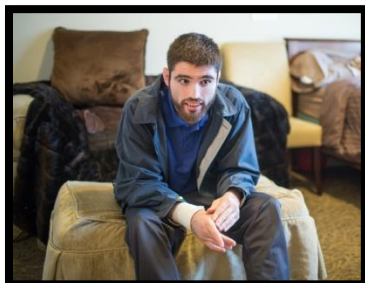


and sometimes a  
Headache

Not everyone will have all of the symptoms.

## What do I do if I have symptoms?

This will be different for each person. Most people will not get very sick.



If you are healthy and under 50 years old, you should just stay home. You should do the same things you would if you had the common cold. That would be getting fluids, getting rest and avoiding other people.



For other people, they may need to contact a doctor. This includes people who are older than 50, who are sick and have breathing problems. This also includes people who may have immune system diseases and are sick, people who already have medical conditions and are now sick, or people who have traveled outside of Canada.



If you need to see your doctor, you should phone first and follow their instructions. This will help keep you from spreading your germs to other people and help keep your doctor healthy so they can keep helping sick people.



The only way to know for sure you have COVID-19 is to be tested. Not everyone will be tested, it's important to follow the advice of doctors and nurses to stay home and practice good hygiene to keep everyone safe and healthy.



## How do I keep myself safe?



The best way to keep yourself safe is to practice “social distancing” and good hygiene. You should also make sure that your home is clean and sanitized. It’s also a good idea to stay at home as much as possible, or you may be asked to “self-isolate” by a doctor or nurse. These terms can be confusing, so what do they mean?

### ***Social Distancing***



COVID-19 spreads from person to person. “Social distancing” means you need to keep space between yourself and other people whenever possible – this includes helpers, family, and friends. This helps stop the virus from spreading.



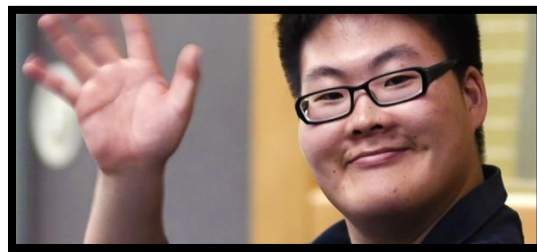
Doctors say that you should keep a distance of 6 feet, or 2 metres, between yourself and other people. This is about as long as a mattress or a hockey stick!



People doing social distancing can go for a walk somewhere like a park if they stay away from other people. They should not go to places like pubs and cafes.



Part of social distancing is not touching other people. You should avoid shaking hands and hugging people to stop the virus from spreading.



If you want to greet someone, you can bump elbows or wave to keep yourself and other safe and healthy.



## ***Good Hygiene***



It is very important to practice good hygiene. This means making sure that you wash your hands properly and keep yourself clean.



Make sure that you cough or sneeze into your elbow so you are not getting germs on your hands and spreading them to other people. If you can't do this, cough or sneeze into a tissue and immediately throw the tissue in the garbage. Wash your hands right away.



It's important to keep your hands away from your face, especially your eyes, nose and mouth. Try to only touch your face if your hands are clean – in the shower or after you have washed them – or if you are using a tissue. Try to keep your hands busy if you touch your face a lot. Try using a fidget spinner, tapping your knee, doodling, playing a game on your tablet or phone, or squeezing a stress ball.

One of the best ways to stop the spread of germs is washing your hands thoroughly. You should wash your hands every time you cough or sneeze, use the washroom, are going to eat, go to work or someone's house, or go to public places like stores or elevators.



You need to wash your hands for at least 20 seconds to get them clean. This is about as long as it takes to sing "Happy Birthday to You" 2 times, so it helps to sing while you wash to remind you how long to keep washing!

This video shows you why it is important to wash your hands:

<https://www.youtube.com/watch?v= KirHm sYfl>

## ***How to wash your hands properly***

The best way to wash your hands is like this:



Turn on the tap so the water is warm, not too hot or too cold.



Put soap in your hand.



Rub your hands palm to palm 7 times.



Rub one palm to the back of the other hand with your fingers laced together 7 times, moving up and down. Switch hands and do it with the other hand 7 times.



Rub your hands with one palm to the other with your fingers laced together 7 times, moving up and down. Switch hands and do it with the other hand 7 times.



Rub the backs of your fingers to the palm of your other hand 7 times back and forth. Switch hands and do it with the other hand 7 times.



Sweep your hand from your fingers to the end of your thumb 7 times. Switch hands and do it with the other hand 7 times.



Rub the tips of your fingers in your other palm 7 times in a circle. Switch hands and do it with the other hand 7 times.



Rub your wrist with your other hand 7 times, twisting around your wrist. Switch hands and do it to the other wrist 7 times.





Turn off the tap with your elbow or paper towel if you can't use your elbow. Dry your hands thoroughly.

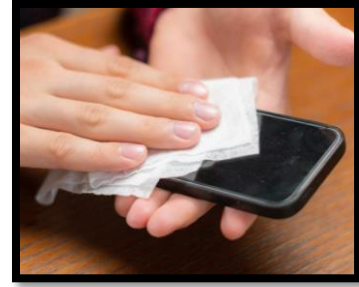
This video shows you what ~~it~~ proper hand washing should look like:

<https://youtu.be/GYFWbwgf-2Q>

The best way to keep your hands clean is to use warm water and soap. If you can't wash your hands right away, you should use hand sanitizer to keep your hands clean and wash your hands when you are able.



## ***Keep your house clean***



If you live in a home with staff, they will be helping you to keep your home clean. If not, you will need to keep your home clean yourself. This means making sure that you clean and disinfect surfaces that are touched a lot, such as counters, doorknobs, taps, light switches and your phone. You can use wipes to clean electronics like your phone and light switches and use sprays and paper towel for hard surfaces like counters, doorknobs and taps. Be sure to throw away the wipe or paper towel when you are done and wash your hands!

## Stay at home or “self-isolate”



If you have any symptoms, you should stay at home. This is important so that you rest and get better, but also because then you won't spread your germs to others.

It is also a good idea to stay home even if you aren't sick so you aren't to anyone who may be sick. This mean you can't go to the store if groceries, but you should avoid places like restaurants.



right now  
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doesn't  
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If you have symptoms, or have been in close contact with someone who has symptoms, your doctor or nurse may tell you to “self-isolate” for 14 days. This means that you need to stay home and not have contact with anyone during that time.

If you live alone, you can continue your routine like before as long as you do not leave your home and are practicing good hygiene and cleaning. You should ask a friend or helper to help you get your groceries and make sure that visitors do not come into your home.





If you live with others, you may need to stay in your room ~~and~~ unless you have to use the washroom. Your roommate, family, or caregiver may need to bring you meals or help you while still keeping themselves healthy from a distance.

After those 14 days, as long as you have no more symptoms, you are free to leave your home again unless told otherwise by your doctor.

## Prepare to be at home



Ask a family member, caregiver or support worker to go shopping or try to order food online.

You can also ask them to help you cook lots for your freezer if you can. Try to have healthy foods to fill you up.

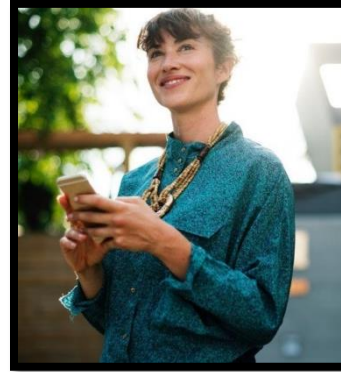
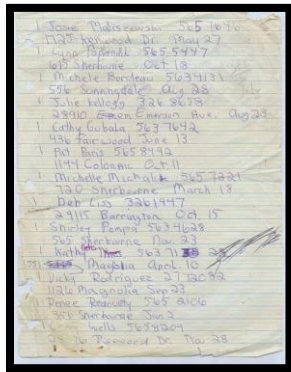


Check your medication and order some if you need to. Ask a family member, caregiver or support worker to help you decide when you must order more.



Keep paying your bills if you can or ask for help to talk to the companies now.





Have important phone numbers around where you will be able to find them. Make plans to catch up with friends on the phone or on messaging rather than visiting in person.

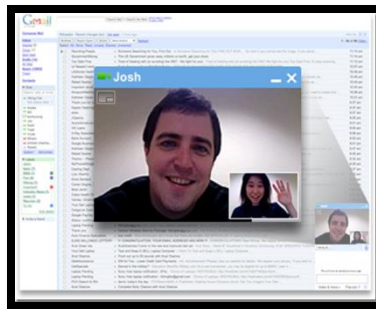
Plan things to do at home. Call a friend and get ideas of how you can keep busy to try and have fun. You can try to learn a new skill or try a new hobby!



Stay active! Do some exercises at home like yoga or dancing, do some housework, or even just go for a walk around your house to keep moving.



Try to keep your routine. Get up and get dressed if you can. Open your curtains for sunlight! Set reminders to take your medications.



It can be lonely staying at home through this. Call friends and family to stay in contact, or try to video chat so you can see them without putting anyone at risk!

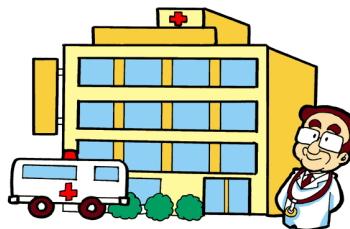
## What do I do if I don't feel well?



Tell someone you are not well. Ask them to help you decide if you need to call anyone, like your family doctor's office. You can also call 811 if you have questions, but you may need to be patient as they are very busy right now with calls.



If you have any of the COVID-19 symptoms, you must not go out at all. You will need to rest and drink lots as you will feel like you have the flu.



**hospital**

If you have problems breathing or feel very ill, like you could collapse, then you should go to the hospital or call 911.

## Some Important questions

### Why is it important to do all of this?

- Some people with disabilities and the elderly get sick really easily. You would feel awful if you got your friends or family sick.



### Is there a shot to get, so I do not get sick?

- No. There is not a shot or vaccine to stop the coronavirus.



### Is there a medicine?

- There is no medicine for COVID-19.
- If you feel sick, take medicine used when you have a cold or flu. Drink lots of water. Get plenty of rest. If you have troubles breathing, call 911 or go to the hospital.
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### What do I say to my friends if they get scared, or very nervous?

- Talk to someone you trust.
- You can show them this booklet for ideas on what to do.



**I have a job. I am worried about missing work.**

- If you are sick, you need to stay home.
- Health comes before money. Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.





## Stay informed

Listen to the news and what the doctors are saying. If you are confused, speak to someone and ask them to help explain.



This illness seems very scary, especially if you don't understand what is going on. We can get through this together as long as we are all safe!

