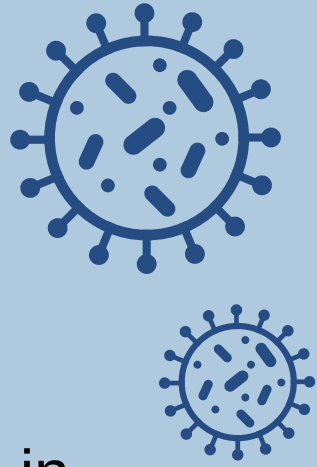


ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IS COVID-19?

COVID-19 is an illness caused by a coronavirus.

- Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.
- Mild to severe symptoms are reported in confirmed cases for COVID-19.



WHAT ARE THE SYMPTOMS OF COVID-19?

Symptoms may take up to 14 days to appear after exposure to COVID-19. Symptoms vary but are similar to other respiratory illnesses, including the flu and common cold:

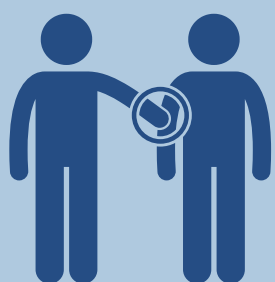
- Fever
- Sore throat
- Coughing and sneezing
- Difficulty Breathing



HOW DOES IT SPREAD?

This coronavirus can be spread from an infected person through:

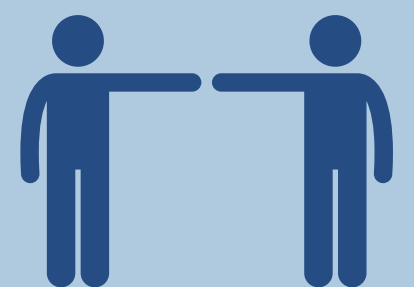
- Droplets from a person's nose or mouth, such as from a cough or a sneeze. These droplets can land in the eyes, mouth, or nose of a person nearby.
- Touch, if a person coughs or sneezes on their hands, and you then touch your eyes, nose, or mouth without washing your hands.
- Touching a surface with the coronavirus on it, then touching your eyes, nose or mouth before washing your hands.



PREVENTION

The best way to prevent the spread of infection is to:

- Physically distance yourself from others by 2 metres (6 feet).
- Avoid touching your eyes, nose or mouth, especially with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay home and self-isolate if you are sick.
- Sneeze or cough into your arm or into a tissue and dispose of tissue then wash your hands
- Clean and disinfect frequently touched objects and surfaces, such as electronic devices and doorknobs.



IF YOU HAVE SYMPTOMS

If you have symptoms of COVID-19, use the **COVID-19 BC Support App and Self Assessment Tool** online at bc.thrive.health.



Call **1-888-COVID-19** or text 604-030-0300 for non-medical COVID-19 questions and **8-1-1** for medical COVID-19 questions. Go to bccdc.ca or interiorhealth.ca for more information.