



March 17, 2020

## Coronavirus/Covid-19 Facts

### **Covid-19 Facts:**

What is Covid-19, commonly called “the coronavirus”

Coronavirus disease (COVID-19) is an illness caused by a coronavirus. Common symptoms include:

- Fever
- Cough
- Sore Throat
- Difficulty breathing
- Sneezing (less common)

How contagious is it?

Coronavirus is spread from an infected person through:

- Respiratory droplets spread when a person coughs or sneezes.
- Close personal contact such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.
- It is important to keep about a 2-metre distance away from a person who is sick, to reduce breathing in droplets when they cough or sneeze.

Who is most vulnerable?

- Elders and older adults
- Individual with underlying medical conditions; heart disease, COPD, asthma, diabetes, cancer etc
- Individual with compromised immune systems
- Individuals who are socially / economically isolated

How to protect your physical wellness:

- Wash your hands frequently – for at least 20 seconds with warm soapy water, pay particular attention to your fingertips and back of hands and thumbs when cleaning.
- Avoid touching your face, particularly with unwashed hands.
- Stay a minimum of 1 metre away from other people to reduce possible transmission.
- Regularly clean and disinfect frequently touched surfaces such as door knobs, light switches, faucet handles etc. The coronavirus is killed easily by regular cleaning products.
- Do not share food, drinks, utensils, etc.
- Maintain general health practices such as drinking enough water and getting enough sleep.

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**Recent stockpiling has resulting in a shortage of available cleaning products / sanitizers.  
Please note the value and use of household bleach – a relatively low cost and accessible cleaner:**

- Diluted household bleach solutions can be used if appropriate for the surface.
- Follow manufacturer's instructions for application and proper ventilation.
- Check to ensure the product is not past its expiration date.
- **Never mix** household bleach with ammonia or any other cleanser.
- Unexpired bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water.

**What to do if you develop symptoms and suspect you have Covid-19:**

- Self-isolate and avoid contact with others (maintain the recommended 2 meters from others in your home) for 10-14 days after your symptoms started.
- Cover your cough – cough or sneeze into your arm, or tissue you discard immediately.
- Wash your hands often and well, and sanitize contact surfaces in your home.
- Most people with COVID-19 will have symptoms similar to a common cold, and will be able to manage their symptoms at home.
- We encourage people who are sick to stay home and self-isolate for 10-14 days so that you do not spread the virus.
- If your symptoms are severe you should contact 811 or your healthcare provider.
- It is important to not immediately go to the ER, a health clinic or your Dr's office, as this may tax the health care system that is adjusting to increased demand and can spread the virus further if you do have Covid-19.
- However, if symptoms such as shortness of breath are severe please contact 911.

**Please plan and be prepared for a possible two weeks of isolation if you were to contract Covid-19\***

\*Stockpiling toilet paper, other products and food / water is considered unnecessary.

**For more information please visit:** <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Call 1-888-COVID19 (1888-268-4319) for non-medical information on the virus covering everything from travel recommendations to social distancing. Alternatively text 604-630-0300 for **COVID-19** information

Métis Communities are strong and resilient, and we will rally through this time if we look after ourselves, our Families, our Communities and our most vulnerable.