

Symptoms and Recommendations

Symptoms of Novel CoronaVirus-19:

- Cold or flu-like symptoms.
 - Dry cough, fever possibly runny nose.
- Shortness of breath.
 - Feeling weak with distress breathing, new and increasing shortness of breath.

Personal Recommendations:

- Wash hands often using soap and water.
- Use 60% alcohol-based sanitizer when soap isn't available!
- Keep hands away from your eyes, nose and mouth unless they have just been washed.
- For visitors family screen for their status, if possible screen by telephone before a visit happens
- Avoid meetings if possible
- Maintain a 2-metre social distance to avoid droplet dispersion.
- Cover coughs and sneezes with a tissue or your arm, not your hands.
- Dispose of tissues, wash/sanitize hands, wash clothes
- Stay at home and go out only for essential. needs Do not go out when sick.
- Avoid visiting people in hospitals and long-term care centres, but if necessary call ahead for advice and follow any local precautions
- Regularly disinfect surfaces, light switches, doorknobs, faucets, toilets, etc, especially before and after visitors.