

NOVEL CORONAVIRUS 2019:

WHAT YOU NEED TO KNOW

What is the risk:

- The Public Health Agency of Canada (PHAC) has assessed the public health risk as **low** for Canada.
- If you have travelled to Hubei province in the last 14 days, limit your contact with others for a total of 14 days from the date that you left Hubei.

This means:

- self-isolate and stay at home; and
- contact the local public health authority in your province or territory within 24 hours of arriving in Canada.
- This will reduce your risk of spreading infection to others.
- Most affected are older people and those with health conditions.

How does it spread:

- Human coronaviruses cause infections of the nose, throat and lungs.

They are most commonly spread from an infected person through:
 - respiratory droplets that are spread when you cough or sneeze
 - close personal contact, such as touching or shaking hands
 - touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

How to stay healthy:

- wash your hands often with soap and water for at least 20 seconds (Note: Alcohol-based hand cleaners are also effective)
- avoid touching your eyes, nose or mouth with unwashed hands;
- avoid close contact with people who are sick;
- do not share eating utensils (spoon, fork, etc.)
- cough or sneeze into your sleeve and not your hands;
- stay home if you are sick to avoid spreading illness to others; and
- regularly clean and disinfect surfaces that people touch frequently (toilets, bedside tables, doorknobs, phones and tv remotes) using household cleaners or diluted bleach (one part bleach to nine parts water).

FAQ:

- Can I get the coronavirus from touching a potentially contaminated surface?
 - No**, generally coronaviruses have poor survivability on surfaces, and are generally thought to be spread by respiratory droplets left behind after someone coughs or sneezes.
- What are examples of activities that **DO NOT** cause or increase my risk of getting coronavirus?
 - Eating at a Chinese restaurant
 - Walking by a person who has coronavirus
 - Living in a community where there are one or more confirmed cases of coronavirus
 - Being in the same school, church, workplace or building as a person with coronavirus
 - Close contact with a person who was exposed to coronavirus more than 14 days ago and never developed any symptoms