COVID-19 FACT SHEET

What you need to know about COVID-19

Coronavirus (**COVID-19**) is a respiratory illness caused by a virus that can spread from person to person. The virus that causes **COVID-19** is a new **coronavirus** that has spread throughout the world. **COVID-19** symptoms can range from mild (or no symptoms) to severe illness. COVID-19 stands for **CO**rona**VI**rus **D**isease 20**19** (the year the illness was discovered).

Transmission

The coronavirus spreads from close contact with the respiratory droplets of a person infected with COVID-19. Respiratory droplets can include coughing, sneezing, talking and normal breathing. The droplets can travel greater than two metres when a person is singing, laughing or talking loudly. It is also possible for a person to get COVID-19 by touching surfaces infected with the virus and then touching their mouth, nose, or eyes.

Symptoms

Symptoms are most likely to appear within the first 10 days post-exposure. Some people with COVID-19 may have mild or no symptoms. This means some people may unknowingly spread the infection because they do not have symptoms (asymptomatic) or have not yet developed symptoms (pre-symptomatic).

The symptoms may be different depending on age. The most common symptoms are fever, cough, shortness of breath, sore throat, runny nose, loss of taste and/or smell, nausea, vomiting, diarrhea, and difficulty swallowing.

Children and older adults with COVID-19 may also have non-specific symptoms, such as chills, headaches, sleeping more than usual, disorientation, confusion, muscle aches, dizziness, weakness, or falls. People with weakened immunity, existing health conditions, or over the age of 60 are at higher risk for severe illness.

Rare Condition in Children

While extremely rare, children can get an inflammatory condition that impacts the blood vessels, called vasculitis. Look for signs of rash, prolonged fever, red eyes and swelling in the hands and feet that need medical attention.

Protective Measures to Keep Everyone Safe

- ☐ If eligible, getting vaccinated is the best protection against COVID-19 and its variants
- ☐ Limit non-essential trips.
- ☐ Keep two metres/six feet distance from others and wear a mask or face covering when requested or when physical distancing is not possible.
- ☐ Wash your hands often with soap and water or use hand sanitizer (70%-90% alcohol concentration).
- ☐ Avoid touching your face with unwashed hands.
- ☐ Cover your cough or sneeze with your elbow or a tissue. Discard tissue in the garbage and wash your hands.
- ☐ Clean and disinfect frequently touched objects and surfaces.
- ☐ Avoid close contact with people who are sick.
- ☐ Stay home if you are not feeling well.

Testing

Testing for COVID-19 involves taking a swab from the back of the nose or throat. If you have symptoms of COVID-19, or have been in close contact with a person with COVID-19, call Telehealth at 1.866.797.0000, your health care provider, or an Assessment Centre to get tested.

Test results are available online. If your test was negative, you can stop self-isolating 24 hours after your symptoms have resolved as long as you are not required to be in self-isolation for another reason such as being a close contact of a case or recently returned from travel outside Canada.

Treatment

There is no specific treatment for COVID-19. Persons with COVID-19 can seek supportive health care to help relieve symptoms. If you or a household member is having difficulty breathing call 911.

Self-isolation Requirements

Individuals who are not fully vaccinated or are partially vaccinated must isolate for 10 days if they have:
• A confirmed (positive) lab test for COVID-19
• Symptoms of COVID-19
• Close contact with a person with COVID-19 or who has symptoms of COVID-19
• Returned from travel outside of Canada, including the United States

Individuals who are fully vaccinated or have tested positive for COVID in the last 90 days:
- If you are asymptomatic, you **do not** need to isolate after an exposure to a confirmed case of covid-19. You may continue regular activities. It is recommended to go for a test if you have had an exposure.
- If you are symptomatic, you should isolate until they receive a negative test, and symptoms are resolved for 24 hours. If you are having GI symptoms (vomiting/diarrhea), symptoms should be resolved for 48 hours before resuming regular activities.

Beware of Fraud and Scams

Phishing is a scam in which a person tries to lure an individual into providing personal information. CK Public Health and Lambton Public Health staff **will never** ask a person for their credit card or a social insurance number. There are currently no drugs licensed for the treatment or prevention of COVID-19. For more information visit ckpublichealth.com and/or lambtonpublichealth.ca or call us at 519.355.1071 ext. 1900 (CK) or 519.383.8331 (Lambton).

Adapted with permission from Toronto Public Health.