

# CORONAVIRUS (COVID-19)

March 20<sup>th</sup> 2020



# ABOUT THE VIRUS

- Coronaviruses are a family of viruses that commonly cause mild to moderate illness, such as a runny nose or fever.
- Some types of coronavirus, such as Severe Acute Respiratory Syndrome (SARS), can cause more severe illnesses, such as pneumonia, respiratory failure or even death.
- Some coronaviruses transmit between animals, some between animals and people, and others from people to people.
- Initial transmission links for COVID-19 suggested animal-to-person spread, but there is now an indication that person-to-person spread is occurring.



# ABOUT THE VIRUS

- Human coronaviruses most commonly spread from an infected person to others just like influenza or a cold by coughing and sneezing, close personal contact, such as touching or shaking hands, or touching an object or surface with the virus on it, then touching your mouth, nose or eyes.
- Symptoms are usually mild to moderate and can include runny nose, headache, cough, sore throat, and a general feeling of being unwell.
- The virus is in droplet form and can live on some surfaces for up to 72 hours.



# SYMPTOMS

- Symptoms of COVID-19 range from mild – like the flu and other common respiratory infections – to severe, and can include:
  - Fever;
  - New or existing Cough; and
  - Difficulty Breathing
- Complications from the COVID-19 can include serious conditions, like pneumonia or kidney failure, and in some cases, death.



# CURRENT STATUS OF COVID-19

- At this time 182 country's and territories are reporting cases of the COVID-19.

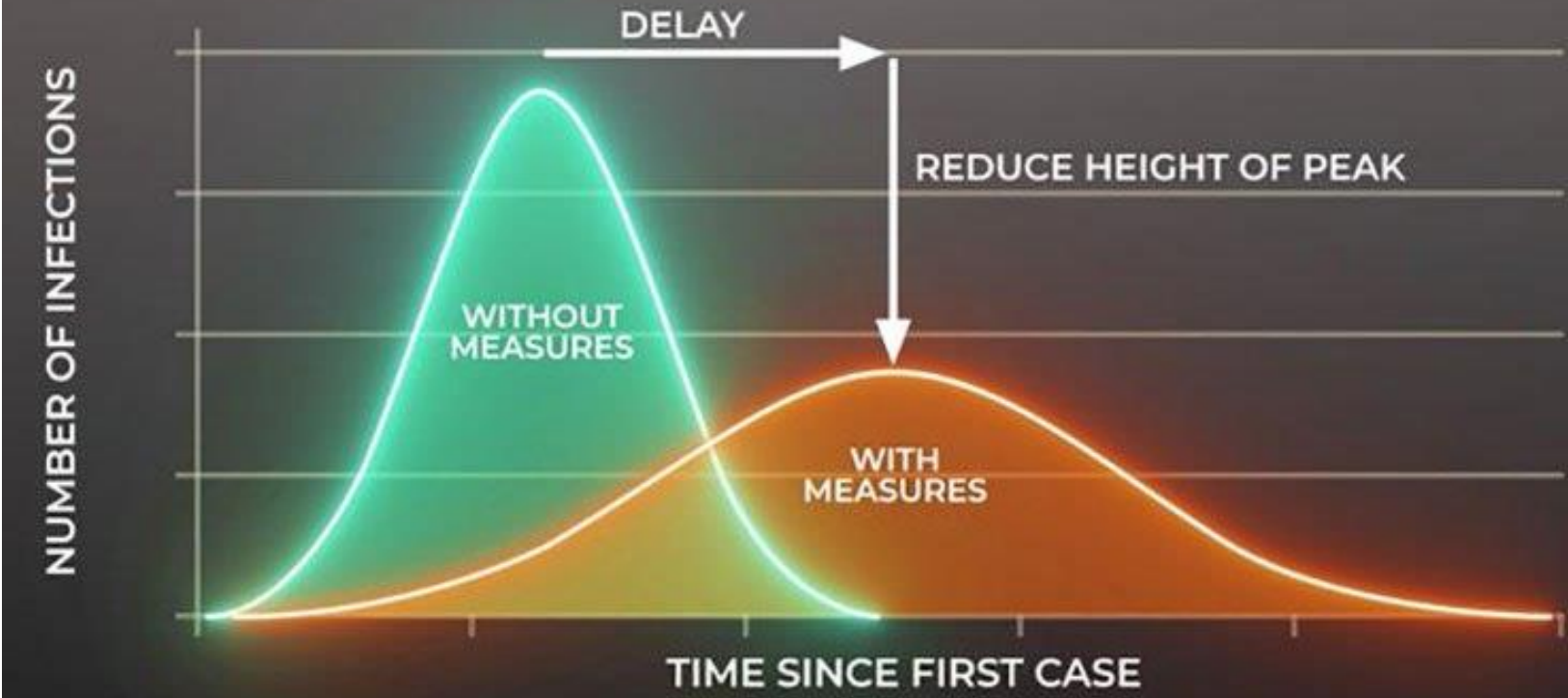
COUNTRY	POPULATION	+ve CASES	DEATHS	% OF CASES
GLOBAL	7.8 Billion	253,537	10,418	100%
CHINA	1.4 Billion	80,930	3,245	31%
UNITED STATES	323 Million	14,366	217	5.6%
CANADA	36 Million	873	12	0.4%

- There are currently 18 confirmed and probable (inc. 1 death) in Simcoe County

\*valid as of March 20<sup>th</sup> 2020



# SLOWING THE SPREAD



Source: Centres for Disease Control and Prevention



# PROTECTING YOURSELF

- Coronaviruses such as COVID-19 are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

## PLEASE:

- Wash your hands often with soap and water or use alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth unless you have just washed your hands
- Avoid contact with people who are sick
- Stay home if you are sick



# TREATMENT

- There are no specific treatments for COVID-19, and there is no vaccine that protects against it. Most people with common human coronavirus illnesses, including COVID-19, will recover on their own.
- If you have mild symptoms you should:
  - Drink plenty of fluids
  - Get rest and sleep as much as possible
  - Try a humidifier or a hot shower to help with a sore throat or cough

**If you need immediate medical attention you should call 911 and mention your travel history and symptoms.**





# PROTECTING THE COMMUNITY

- **Avoid all non-essential travel outside of Canada;**
- **No gatherings/events over 50 people**
- **Immediate closure of:**
  - Recreation facilities
  - Libraries
  - Schools
  - Theaters and movie cinemas
  - Concert venues
  - Bars and restaurants (excluding takeout or delivery service)
  - And recommends the closure of churches and places of worship
- **All Ontarians to practice social distancing**



# SAFETY AT WORK

- Practice social distancing (2 meters)
- Wash hands with soap and water or alcohol based hand sanitizer regularly
  - Gloves are not recommend unless hand washing is not available
- Clean high traffic areas multiple times a day (light switches, door handles, counters)
- Clean workstations daily
- Host meeting by teleconference when possible
- Suspend non-essential activates (inspections, training etc)



# SUMMARY

- The risk to Canadians continues to remain low.
- Practicing good hygiene and cleaning practices will greatly decrease the spread of COVID-19 and other contagious diseases.
- Do not rely on social media for accurate information. Even mainstream media can sensationalize the risk level.
- The following websites are trusted sources of timely and accurate information:
  - SMDHU – <http://www.simcoemuskokokahealth.org/Promos/Novel-Coronavirus>
  - Ontario COVID19 - [https://www.ontario.ca/page/2019-novel-coronavirus?\\_ga=2.50637036.414774865.1579999479-1384618845.1579999479](https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.50637036.414774865.1579999479-1384618845.1579999479)
  - IPAC - <https://ipac-canada.org/coronavirus-resources.php>
  - CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

