

What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans, causing respiratory illness.

Symptoms include:

- cough, fever and difficulty breathing
- more severe cases can develop into pneumonia

How does COVID-19 spread?

- through contact with an infected person when they cough or sneeze (droplets of saliva or discharge from the nose)

Ways to stay safe:

1. Wash your hands frequently with soap and water for 20 seconds.
2. Avoid touching your face, (eyes, mouth and nose) with dirty hands.
3. Social distancing: avoid crowds and stay 6 feet away from others.
4. Cancel travel plans and stay home.
5. Keep 2 weeks of food, medications and other supplies at home.

What to do if you feel sick?

- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.
- Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections

Sources: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://tactustherapy.com/wp-content/uploads/2020/03/COVID-19-Aphasia-Friendly-Information.pdf>