



# Coronavirus

## WHAT YOU SHOULD KNOW AND HOW TO PROTECT YOURSELF

Coronavirus is a respiratory illness that can infect the nose, throat and lungs.

### Common symptoms:

- ▶ *Fever*
- ▶ *Cough*
- ▶ *Shortness of breath*

### Illness Prevention

Practice good hygiene to prevent exposure to a wide range of illnesses, including coronavirus, the common cold and seasonal flu. Here are some best practices and extra precautions you can take to lower your risk of infection:

- ▶ *Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand rub if soap and water are not available.*
- ▶ *Avoid touching your eyes, nose, and mouth*
- ▶ *Cover your coughs and sneezes with a tissue and dispose of used tissues appropriately. If a tissue is not available, cough and sneeze into your sleeve or arm, not a hand*
- ▶ *Disinfect/sanitize your immediate and common work surfaces including doorknobs, keyboards and mice surfaces*
- ▶ *If possible, avoid close contact with people who are ill*

### Learn more

For further information and updates, please check the Public Health Agency of Canada website.

™The Blue Cross symbol and name are registered trademarks of the Canadian Association of Blue Cross Plans, used under license by Medavie Blue Cross, an independent licensee of the Canadian Association of Blue Cross Plans.