

What is Covid-19 and why does this matter to me?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases.

**World Health Organization*

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

**World Health Organization*

Who is at risk for complications?

What we know is that any age or health status can develop COVID-19, but three groups are at higher risk for hospitalization or death. They are, adults 60 and over, People of any age that live with chronic or lifelong medical conditions like Lung disease, heart disease, high blood pressure, diabetes, kidney disease, liver disease, and people of any age who have compromised immune system (basically someone where there immune system is not working properly or so they are not able to fight off illness) Find more information on the government of [Canada website](#)

What is the difference between Quarantine, self-isolation and self-monitoring?

There are a few different levels of what it means to isolate ourselves. On a basic level it means that we make the individual choice to remove ourselves from contact with others, which may mean that we just stay at home but on a more restricted level there are also sometimes protocols that we are expected to follow and that is because people with COVID-19 do not always recognize their early symptoms. Even if you do not have symptoms now, it is possible to transmit COVID-19 before you start showing symptoms or without ever developing symptoms.

And so on this note, people are mandated by law to self-isolate for 14 days if, even if they have no symptoms, but are returning from any travel or have had close contact with someone who has or is suspected to have COVID-19 or if you have been told by public health that you may have been exposed and need to self-isolate.

If you have been mandated to self-isolate for 14 days you need to:

- stay at home and monitor yourself for symptoms
- avoid contact with other people to help prevent transmission of the virus prior to developing symptoms or at the earliest stage of illness
- do your part to prevent the spread of disease by practicing physical distancing in your home and wear a mask if you can't. This may involve things such as getting groceries dropped off with no contact and not going for walks.


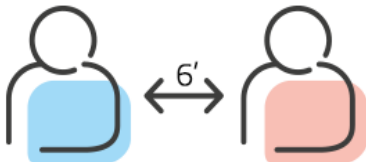

Isolation or quarantining yourself can get even more restrictive if you start to develop any symptoms. If this is the case then you must:

- Isolate yourself from others in your home as soon as you notice your first symptom (stay in your room or certain part of home if possible)
- If you have to share rooms (eg. Bathroom,), make sure they are thoroughly disinfected in between use.
- Get meals delivered to your room, get groceries dropped off with no contact. No leaving your home.
- Immediately call a health care professional or public health authority to discuss your symptoms and travel history, and follow their instructions carefully
- If you have tested positive you must isolate

Self Monitoring

Self monitoring or self screening is about you making sure you don't have any symptoms associated with Covid-19. The list of signs and symptoms associated with Covid 19 have evolved from the initial main symptoms of fever, cough, and difficulty breathing to include a number of others. Please check with public health for any updated symptom list. The [online self assessment tool](#) can be accessed at the Covid-19 Ontario website.

If you leave home, know your Ws!

 <p>WEAR a cloth face covering.</p>	 <p>WAIT 6 feet apart and avoid close contact.</p>	 <p>WASH your hands often or use hand sanitizer</p>
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