

CORONAVIRUS COVID-19

The novel coronavirus (COVID-19) is a new coronavirus that appeared first in Wuhan, China and has since had cases in many countries around the world. A novel coronavirus is one that has not been identified in humans before. It is being referred to as COVID-19 (as of February 11, 2020) and belongs to the coronavirus family, which cause a wide range of illnesses ranging from the common cold to more severe respiratory illnesses.

Symptoms range from common to severe respiratory illnesses and include:

- fever
- cough
- difficulty breathing
- pneumonia

People most at risk from the novel coronavirus include the young, elderly and those with underlying medical conditions.

Risk to Wellington-Dufferin-Guelph residents is considered low.

How to prevent infection

There is currently no vaccine to prevent COVID-19. The best way to reduce the risk of infection is to practice general infection prevention control. This includes:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are ill.
- Stay home when you are ill.
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces.

How to wash your hands

1. Wet your hands.
2. Make bubbles/lather with soap
3. Sing the ABCs or wash for 20 seconds.
4. Rinse your hands.
5. Dry your hands.

Masks

Masks in general are not recommended for those without symptoms to protect themselves from respiratory illnesses, including COVID-19. **Students/children and staff who are experiencing symptoms of respiratory illness should stay home and not enter the building.**

Updated information is available online at:

<https://www.wdgpulichealth.ca/your-health/novel-coronavirus-covid-19>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

<https://www.ontario.ca/page/2019-novel-coronavirus>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>