

## **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>