

CORONAVIRUS (COVID-19) FACT SHEET

Coronavirus symptoms

The most common symptoms of COVID-19 are:



FEVER



DRY COUGH



TIREDNESS



DIFFICULTY
BREATHING

OTHER SYMPTOMS sometimes include aches and pains, nasal congestion, runny nose, sore throat or diarrhea

It may take up to 14 days after exposure to an infected person for symptoms to appear

Symptoms are usually mild and begin gradually

If you have symptoms of Coronavirus:

1. **DO NOT** come to work
2. Remain at home in self-isolation
3. Call your provincial public health authority or healthcare provider to arrange for medical attention

Call or email production before coming to work to determine whether it is safe to do so if you have:

- Travelled, including to places subject to a Government of Canada travel advisory (ask production for a current list or search "Government of Canada COVID-19 travel advisories" online);
- Been in close contact with someone who has traveled to one of these places; or
- Been in close contact with someone who has the symptoms of, or has actually been diagnosed with Coronavirus

How does COVID-19 spread?

1. A person with COVID-19 coughs, sneezes or exhales →
2. Droplets from their nose or mouth land on nearby objects or surfaces →
3. Other people touch the objects or surfaces and then touch their eyes, nose or mouth, or inhale droplets from the person with COVID-19 when they cough, sneeze or exhale

Avoid the spread of COVID-19

- Self-isolate at home if you are sick and contact your provincial public health authority or healthcare provider to arrange for medical attention
- Regularly wash your hands with soap and water for at least 20 seconds, or clean them with an alcohol-based hand sanitizer
- When coughing or sneezing, cover your mouth and nose with a bent elbow or tissue and dispose of tissues immediately
- Stay at least 1 meter (or 3 feet) away from anyone coughing or sneezing
- Avoid touching your eyes, nose and mouth
- Avoid shaking hands
- Clean and disinfect frequently-touched objects and surfaces
- Review the list of active travel health notices issued by the Government of Canada before travelling. (a current list may be found online by searching "Government of Canada COVID-19 travel advisories")