

Simple steps to prevent
the spread of germs
at work, at home or
in the community

Coronavirus COVID-19

Mesures simples pour
prévenir la propagation
des microbes au travail, à la
maison ou dans la communauté

Wash your hands often with soap
and water. Use alcohol-based hand
sanitizer if soap is not available.



Lavez-vous souvent les mains au savon
et à l'eau. Utilisez un désinfectant pour
les mains à base d'alcool en l'absence
d'eau et de savon.

Cover your coughs and sneezes
with a tissue or your arm,
not your hand.



Toussez et éternuez dans un
mouchoir ou dans votre manche
et non dans vos mains.

Avoid touching your face unless
your hands are clean.



Évitez de vous toucher le visage
si vos mains ne sont pas propres.

Stay at home if you are sick
(if possible).



Si possible, restez à la
maison si vous êtes malade.

Ideally a 2 metre separation
should be maintained from others,
unless there is a physical barrier,
to prevent spread of COVID-19.



L'idéal étant de maintenir une
séparation de deux mètres, à moins
qu'il n'y ait une barrière physique pour
prévenir la propagation de COVID-19.

Visit OttawaPublicHealth.ca/WorkplaceCOVID19 for more information.
Rendez-vous sur SantePubliqueOttawa.ca/TravailCOVID19 pour obtenir plus de renseignements.

KNOW THE FACTS

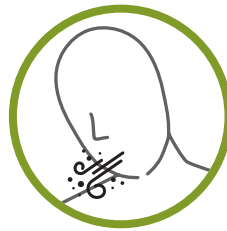
ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

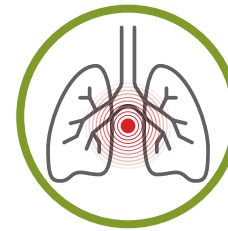
Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

