CORONAVIRUS

Sometimes people get sick from a cold or flu virus.



The coronavirus is similar to a flu or cold virus.







People who become sick from coronavirus may have a cough, fever or shortness of breath.

A person can become sick from the coronavirus by:

Being coughed or sneezed on,



Touching someone who has the virus (shaking hands),

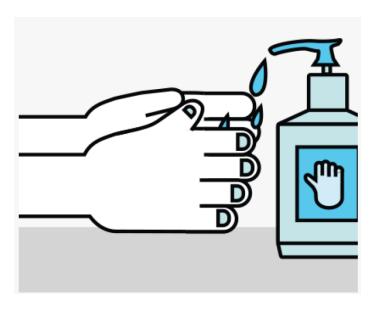


Touching a surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

There are some simple ways to prevent coronavirus from spreading. These include:

1. Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available use hand sanitizer.





2. Avoid touching your eyes, nose and mouth with unwashed hands.

3. Cough or sneeze into a tissue and throw it away. Wash hands afterwards.

If you don't have a tissue, cough or sneeze into your elbow.

4. Avoid close contact with people who are sick.



5. Clean and disinfect frequently touched objects and surfaces.

6. Stay home when you are sick.





State of Emergency

- During this time you will not be able to go out and do your usual activities
- A lot of restaurant and business are closed
- Your family and friends will not be able to visit but you can connect by calling them
- You can still get outside go for walks and drives and find lots of fun things to do at your home



