Covid-19 Information

There is a virus germ that is making many people sick. It is called Covid-19.

You could get the virus by touching things that sick people have also touched, like door handles, grocery carts, light switches, bank machines, etc. If you touch what a sick person has touched, then the virus gets onto your hands. The germ can get into your body if you then rub your eyes or touch your nose or mouth. Please try not to touch your eyes, nose or mouth without washing your hands first.

Right now, it is important that you stay at home until this germ goes away. You shouldn't go to restaurants, stores or anywhere especially if there are more than a few people there. You should stay about 2 metres away from other people (about the length of your bed or a hockey stick).

It's important for you to wash your hands with soap and water many times every day, especially after you blow your nose or sneeze, cough, before you eat and after you use the bathroom. If you are not near running water, you could use hand sanitizer with at least 60% alcohol to rub on your hands.

Stay away from people who are coughing or sneezing. If you need to cough or sneeze, use a tissue or the sleeve of your arm. Throw away the tissue after using it and wash your hands immediately after sneezing or coughing. Stay at home as much as possible.

If you have a support worker coming to your home they may be wearing a mask over their mouth. That is to protect you.

If you have a cough, high temperature, sore throat or any other aches and pains tell a family member or your support worker right away.

Talk to your family and support worker about trips outside of your home, such as to the grocery store, pharmacy or to pay bills.

If we all stay away from each other the germ cannot get from one person to another. This is only for a unknown amount of time and life will get back to normal once people stop getting sick.

Some people can become very sick if they catch this virus. This virus can cause individuals to have:
>coughing
>**difficulty breathing,**
>sneezing,
>headaches,
>sore throats,
>muscle aches and pains
>temperature 37.5 ° Celsius
>chills, sweating, shivers

Utilize the questionnaire on the health care website to understand the steps you need to take if you have any of the symptoms above: https://bc.thrive.health/covid19

Try to flush the toilet with the lid down. COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

This is the best handwashing video I have seen so far: handwashing video.htm https://www.youtube.com/watch?v=cbX0xwKORjk

There is lots more information to help you with this. Ask your caregivers, family or health care provider if you need more help.