

# COVID-19 Fact Sheet



COVID-19 is a **NEW** kind of virus. It is a type of coronavirus and it can be very **dangerous**.



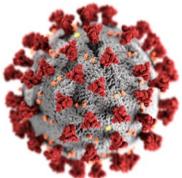
A virus is a disease that can spread from one person to another.



It is spreading around the world and in **Canada**. That's why it is called a **PANDEMIC**.



COVID-19 spreads when infected people **COUGH** or **SNEEZE** around others. **Hand-shaking and high-fives** also spread the virus.



We have to work together to stop it from spreading in our community! Even if you are **NOT** sick, **EVERYONE** must do three things:

Whenever possible, follow social distancing rules by staying **AT LEAST 6 FEET AWAY** from others.

Wash your hands often with **SOAP** and **WARM** water for **AT LEAST 20 SECONDS**.

Stay inside as much as possible! Go only go to the grocery store or pharmacy once a week or when you really need to.



# Where to Get COVID-19 Information

A lot is changing right now and that can be very stressful. It's very important that you get information from **OFFICIAL** sources.

Remember: False Information can cause stress and confusion!

## Some Trustworthy News Sources :

- 1) Canadian News: [www.cbc.ca](http://www.cbc.ca)
- 2) International News: [theguardian.com](http://theguardian.com) or [bbc.com](http://bbc.com)
- 3) American News: [cnn.com](http://cnn.com)



theguardian

## Some Trustworthy Health Information Sources:

- 1) Ontario COVID-19 info: [ontario.ca/page/2019-novel-coronavirus](http://ontario.ca/page/2019-novel-coronavirus)
- 2) Canadian COVID-19 info: [canada.ca/health](http://canada.ca/health)
- 3) Global COVID-19 Info: [www.who.int](http://www.who.int)

The logo for CNN (Cable News Network) is the letters "CNN" in a white, stylized font on a red square background.

CNN

The logo for BBC News is the letters "BBC" in white on a red square background, with the word "NEWS" in white below it.

BBC  
NEWS

## The Following are not always sources of Reliable Information:

- 1) Facebook
- 2) YouTube
- 3) Your friends, neighbors, and colleagues
- 4) Twitter
- 5) Reddit, 4Chan, or other message boards

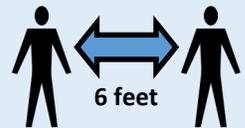
# What is Social Distancing?

Social distancing means keeping a physical distance from other people.

To stop COVID-19 from spreading, everyone in Canada must practice the

## 5 Rules of Social Distancing

1) Keep a distance of at least 6 feet or two arm lengths from others.



2) Stay at home as much as possible! If you go out for a walk, remember rule 1.



3) Wave! Don't greet your friends with handshakes, hugs, or kisses.



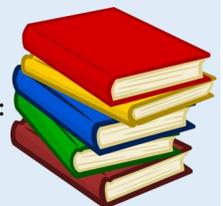
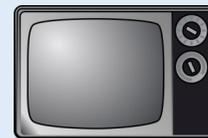
4) Avoid crowds and groups of people!



5) Take these rules seriously, even if you are not sick.

## Staying Busy while Practicing these Rules

- Use your telephone and call a friend.
- Keep in contact on social media.
- Take up a new hobby.
- Watch TV.
- Video chat with friends and family.
- Go for a walk outside (but remember the 5 rules!)



Social distancing can be hard because it can make us feel isolated. But we are all in this together! Social distancing is VERY important to slow the spread of COVID-19. For more information go to: [www.canada.ca/en/public-health](http://www.canada.ca/en/public-health)

# What is a State of Emergency?

Due to COVID-19, the government has declared a “State of Emergency” in Ontario.



Do not panic! A state of emergency keeps us all safe and healthy. But it does mean that everywhere in Ontario will be changing for a while.

- 1) Libraries are **closed**.
- 2) Schools are **closed**.
- 3) Bars and Restaurants are **closed** (except for take-out).
- 4) Cinemas and Theatres are **closed**.
- 5) Day Cares are **closed**.
- 6) Events and Recreational activities are **cancelled**.



We are not sure at this time when things will reopen.



**REMEMBER:** A state of emergency is a good thing during an outbreak. It means that the government is spending more money on hospitals and healthcare. For important info, visit <https://www.ontario.ca/>