

IMPORTANT PUBLIC INFORMATION: COVID-19

On March 11, 2020, the World Health Organization (WHO) declared COVID-19, commonly known as the Coronavirus, a global pandemic. On March 12, 2020, Manitoba Health Minister Cameron Friesen announced Manitoba's first case of COVID-19.

HERE'S WHAT YOU NEED TO KNOW

- ❖ COVID-19 is 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
- ❖ Symptoms include: fever, coughing, and difficulty breathing
- ❖ Masks are not proven to prevent contraction, but should be worn if you have a cough
- ❖ Don't Panic! The risk of contracting the virus is still very low

HOW TO PROTECT YOURSELF AND YOUR COMMUNITY

- ❖ Wash your hands regularly (AT LEAST 20 SECONDS)
- ❖ Sanitizing your hands with an alcohol-based sanitizer is good too but it's harder on your hands. Washing regularly with soap and water for 20 seconds is best
- ❖ Avoid touching your eyes, nose or mouth, especially with unwashed hands
- ❖ Cough and sneeze into your sleeve and not your hands
- ❖ Avoid shaking hands when greeting people.

WHERE SHOULD I GO / WHO SHOULD I CALL IF I THINK I HAVE COVID-19?

- ❖ If you are ill and have recently traveled to an affected area, or if you are ill and have been in close contact (within 2 meters/ 6ft) with an ill person known to be connected to the current outbreak, you should call Health Links or the Sagkeeng Health Centre, who will provide advice on where to go to be assessed
 - Health Links: 204-788-8200 or toll-free 1-888-315-9257.
 - Sagkeeng Health Centre: 204-367-9990
 - Ask to speak to a public health nurse

If you would like to see a nurse or the doctor at the Sagkeeng Health Centre or the Pine Falls Emergency Dept, please call ahead so that health staff can prepare to safely assist you.