

COVID-19

Messages to Parents

- Some families in the area have COVID-19 infection.
- COVID-19 is a new type of Coronavirus that has caused widespread outbreaks in the world.
- COVID-19 is a respiratory illness that can cause illness ranging from common cold like symptoms to severe pneumonias and even death.
- COVID-19 is spread easily from person to person by large respiratory droplets, like from a cough or sneeze. A person needs to be in close contact (less than 6 feet) from a sick person or have contact with recently contaminated surfaces to pick up the virus.
- Watch yourselves and your children for symptoms including:
 - Fever (over 38°C)
 - New Cough or change in existing cough
 - Shortness of Breath
 - Sore Throat
 - Runny nose
 - Stuffy nose
 - Painful swallowing
 - Headache
 - Chills
 - Muscle or joint aches
 - Feeling unwell in general, or new fatigue or severe exhaustion
 - Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
 - Loss of sense of smell or taste
 - Conjunctivitis, commonly known as pink eye
- **If you or your family members do have symptoms, STAY HOME, because you can easily make others sick, and call Healthlink at 8-1-1 as soon as possible for assessment/testing.** If it is a medical emergency and you require urgent medical attention, call 9-1-1 and tell them that you may have been in contact with COVID-19 so they can make arrangements to care for you safely.
- Wash your hands with soap and water often. If soap is not available you can use alcohol-based hand sanitizer if your hands are not visibly dirty. Avoid touching your face with unwashed hands.
- Use a tissue when you cough or sneeze and throw your tissue in the garbage. If you do not have a tissue cough/ or sneeze into your sleeve. Wash your hands after coughing or sneezing.

- Keep sick children and adults at home (not at school, church or work).
- Clean surfaces that are used often and shared by everyone like door knobs, light switches and bathroom taps.
- Practice Social Distancing. If you are not able to stay 2m (6 feet) away from people who do not live with you, consider wearing a mask or cloth face covering.

Questions and Answers

What is COVID-19?

- COVID-19 is a new (novel) virus that has caused widespread outbreaks worldwide. This virus can cause sickness ranging from symptoms of a mild cold to severe Pneumonia and even death.

How does COVID-19 spread?

- COVID-19 is spread mainly by coughing, sneezing, or direct contact with someone who is sick with COVID-19 or with surfaces that they have recently touched.
- The virus infects other people when they breathe in those drops or get them on their hands and touch their mouths or noses.
- After the virus infects someone, the first symptoms can appear up to 14 days after.

What are signs and symptoms of COVID-19?

- Anyone experiencing fever, new onset of cough or worsening chronic cough, new or worsening shortness of breath or difficulty breathing, sore throat or runny nose is legally required to isolate at home and should be tested.
- Anyone experiencing chills, painful swallowing, stuffy nose, headache, muscle or joint ache, feeling unwell or severe exhaustions, nausea, vomiting, diarrhea, loss of sense of smell or taste is strongly encouraged to stay home and be tested.

What can happen if I get COVID-19?

- Most people (80%) recover without needing special treatment.
- However COVID-19 can cause serious illness. Those who are older, those with medical problems are more likely to develop severe illness including:
 - Difficulty breathing
 - Pneumonia

- There is risk of death in severe cases

How is COVID-19 treated?

- Most people with mild illness recover on their own. There is no vaccine to prevent COVID-19 and no medication to treat COVID-19. Supportive care is used to help people with COVID-19.
- If you are diagnosed with COVID-19 or identified as a close contact of a COVID-19 case Public Health will advise of any isolation/quarantine orders.
- Over-the-counter medicines, like cough syrups or herbal remedies, won't cure COVID-19.

Can COVID-19 be prevented?

- Practice physical distancing. If you are unable to remain at least 2m (6 feet) away from those who do not live with you wear a mask or cloth face covering.
- Wash your hands with soap and water for at least 20 seconds. If soap and water is not available and your hands are not visibly dirty use alcohol based hand sanitizer.
- Avoid touching your face, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect surfaces that are frequently touched (door knobs, light switches, bathroom faucets).
- Keep sick children and adults at home (DO NOT attend work, school, and church).

When should I go to the hospital?

- Call 9-1-1 if you are seriously ill and need immediate medical attention.
- If you do not need urgent medical attention and think you may have COVID-19, you can call your family doctor or Healthlink 8-1-1 for telephone health assessment and referral.

How can I get tested for COVID-19?

- COVID-19 testing is available for ALL Albertans, even if you do not have symptoms.
- Complete the online assessment and book your test online:
<https://www.albertahealthservices.ca/topics/Page17058.aspx>
- Contact Healthlink 8-1-1
- **For help in Low German, call or send a WhatsApp to Tina Meggison or Trudy Dyck at (403) 308-8373**