

COVID-19: Frequently Asked Questions

CTMA has compiled a list of commonly asked questions to help in educating the public on the COVID-19 pandemic.

Source: Public Health Agency of Canada (March 16, 2020)

How is Coronavirus Spread?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

What are symptoms of COVID-19?

Those who are infected with COVID-19 may have little to no symptoms. Symptoms may take up to 14 days to appear after exposure to COVID-19.

Symptoms have included:

- fever
- cough
- difficulty breathing

Other symptoms may include: sore throat, fatigue, myalgias, phlegm production, nausea or vomiting (uncommon), diarrhea (uncommon)

How do you prevent Coronavirus?

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to protect against it.

The following measures are recommended: Proper Handwashing, Social distancing and diligent cleaning of household environment with regular cleaner or diluted bleach (1 part bleach to 9 parts water).

Should I wear a mask?

If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19.

If you have COVID-19 infection or experiencing symptoms of COVID-19, you may be asked to wear a mask by your Health Care providers.

What do I do if I suspect that I have COVID-19 infection?

If you are sick, the following steps will help to reduce contact with others:

- stay at home and self-isolate
 - if you must leave your home, wear a mask or cover your mouth and nose with tissues, and maintain a 2-metre distance from others
- avoid individuals in hospitals and long-term care centres
- avoid having visitors to your home
- cover your mouth and nose with your arm when coughing and sneezing
- have supplies delivered to your home instead of running errands
- supplies should be dropped off outside to ensure a 2-metre distance

Most people with mild coronavirus illness will recover on their own.

If you are concerned about your symptoms and/or possible exposure to COVID-19, please contact Telehealth at 1-866-797-0000 (open 24hr).

What is difference between Self-monitoring vs. Self-isolating?

You should self-isolate if:

- you have been diagnosed with COVID-19
- local public health has identified you as a close contact of someone diagnosed with COVID-19

If you have not been diagnosed with COVID-19 or identified as a close contact of someone with COVID-19, you may be asked to self-monitor.

This means:

- monitor yourself for symptoms of respiratory illness such as fever, cough, difficulty breathing

If symptoms develop:

- stay home
- limit contact with others
- contact local public health, and follow their instructions

What do I do if I return from travel outside of Canada?

It is important for all travellers to:

- self-isolate for 14 days after returning to Canada
- monitor for symptoms of COVID-19 (fever, cough or difficulty breathing)

If you have even mild symptoms, **stay home** and call the public health authority in the province or territory you are in to inform them. They will provide advice on what you should do.

***Government of Canada COVID-19 information line: **1-833-784-4397** ***