



COVID-19

NOVEL CORONAVIRUS

COVID-19 in Manitoba

A new virus called COVID-19 is spreading around the world. Cases have been identified in Manitoba. Everyone needs to take steps to reduce the spread of the virus.

What is COVID-19?

COVID-19 is a virus that can make people sick. Symptoms range from mild (e.g., fever, cough, runny nose and sore throat) to severe (e.g., shortness of breath and breathing difficulties).

Who is at risk of COVID-19?

Some people will have only mild symptoms. Others might get very sick. Those at higher risk of developing more severe symptoms are:

- 65 years of age and older
- living with chronic health conditions (such as diabetes, heart, kidney or chronic lung conditions)
- with weakened immune systems (such as people with cancer)

How can people get COVID-19?

People can get COVID-19 by being close (two meters/six feet) to an infected person who is coughing or sneezing. It can also spread when someone touches an object or surface that has the virus on it, and then touches their mouth, eyes or nose.

How can I protect myself and others from COVID-19?

Keep your hands clean. Wash them with soap and warm water for at least 15 seconds. Dry your hands well. People can also use an alcohol-based hand cleanser if your hands are not visibly dirty.

People need to clean their hands:

- when they arrive at a centre/facility
- after coughing or sneezing
- after using the toilet
- before, during and after preparing food
- before eating any food, including snacks
- before using shared materials
- when they leave a centre/facility

You can also:

- cover your cough or sneeze. Cough into your sleeve or elbow, not into your hand;
- avoid touching your face;
- Practice good social (physical) distancing from other people;
- Stay home and isolate yourself from others when you are sick; and
- Follow public health guidance around self-isolating and self-monitoring yourself for symptoms.

For up-to-date information, visit [Manitoba.ca/covid19](https://www.manitoba.ca/covid19).