STOP

COVID-19
NOVEL CORONAVIRUS

COVID-19 in Manitoba

A new virus called COVID-19 is spreading around the world. 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 can be mild (e.g., fever, cough, runny nose and sore throat) or serious (e.g., shortness of breath and breathing problems).

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 serious symptoms:

- are people 60 years of age and older
- are people living with chronic health conditions (such as diabetes, heart, kidney or chronic lung conditions)
- are people 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.

The risk of COVID-19 transmission from touching a surface is low and can be further reduced by practicing frequent hand hygiene.

How can I reduce my chance of getting 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.

www.manitoba.ca/health/flu/images/hand.jpg

manitoba.ca/covid19

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You should also:

- Cover your cough or sneeze. Cough into your sleeve or elbow, not into your hand,
- Avoid touching your face,
- Stay home when you're sick, even if symptoms are mild.
- If you're sick, isolate and stay away from others in your household, and get tested.
- Follow public health guidance for self-isolating and monitoring.
- Wash your hands when:
  - coming to or leaving a new place
  - after using the washroom
  - before, during and after handling food
  - before eating or using shared materials
- Wash your hands for at least 15 seconds using soap and warm water. If you cannot wash your hands, use an alcohol-based hand sanitizer.

Wear a Mask

Wearing a mask is important to stop the spread of COVID-19. Wear a mask whenever you're indoors in a public space, or physically distancing is difficult.

For up-to-date information, visit Manitoba.ca/covid19.

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