

Coronavirus at a Glance



STAY INFORMED

BE PROACTIVE

PROTECT YOURSELF

Follow proper hand hygiene. Wash hands often and thoroughly using soap and warm water. Exercise respiratory etiquette. Cough or sneeze into a tissue or elbow and throw tissue into trash. Avoid touching mouth, eyes and nose. Stay home when feeling ill.



TRAVEL

KNOW BEFORE YOU GO

Before planning or departing on personal travel, seek information from sources such as [Travel Advice and Advisories issued by the Government of Canada](#).

Understand the risk and responsibility you assume if you and your family do travel.



UNDERSTAND THE HEALTH CONCERN



The virus spreads through close person-to-person contact via respiratory droplets from coughing and sneezing or by touching and shaking hands. Avoid close contact with people who are displaying these symptoms. Symptoms usually develop within 14 days.

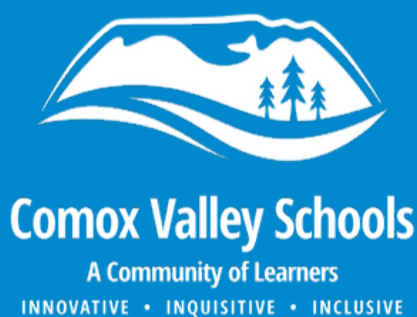
SEEK MEDICAL ATTENTION

Symptoms related to a respiratory infection commonly associated with COVID-19 are fever, cough and difficulty breathing. Anyone concerned they may have been exposed to or are experiencing symptoms should contact a health care provider immediately or call 8-1-1. Only wear a mask if you have respiratory symptoms or are in the care of someone with respiratory symptoms or illness.



STAY INFORMED

Regularly refer to the [Comox Valley Schools website](#) for current information about the latest developments impacting schools and District sanctioned educational trips, Island Health recommendations for school safety, and other key information provided by the Provincial Health Officer (PHO).



INFORMATION SOURCE/S:

Novel Coronavirus Q&A HealthLinkBC

<https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>

BC Centre for Disease Control

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

Island Health

<https://www.islandhealth.ca/learn-about-health/diseases-conditions/novel-coronavirus-information>