



TAKLA NATION

HEALTH ▪ PROSPERITY ▪ TRADITION

Protecting Yourself Against the Coronavirus (COVID-19)

If you've been near a television, radio, or any online news outlet in the past few weeks, you've likely heard about the Coronavirus – but what is this new illness really, and how worried should you be?

- The Coronavirus is not a new virus at all – in fact, Coronaviruses are what cause many illnesses today, such as the common cold. This current strain, COVID-19, is a new strain to humans.
- Canada is at a low risk for the virus. As of March 9, 2020, there has only been 32 confirmed cases in the province of BC, with none of those being in Northern BC.
- Experts believe that COVID-19 is not airborne. The virus is transmitted via water droplets from someone coughing or sneezing. It is recommended you cough or sneeze in your sleeve and not your hands to avoid spreading germs to other people or surfaces.
- Washing your hands regularly is one of the most effective measures in protecting oneself from germs that cause illnesses. Make sure to use soap and water and wash for at least 20 seconds. If soap and water isn't available, the next best thing is alcohol-based hand sanitizer.
- General cleaning around your home, work, or school is another effective action against infection. Methods that work best include a water and detergent (dish soap) mixture, all-purpose household wipes, and household disinfectant sprays.

Staying home when you are sick is crucial in stopping the spread of any illness. This includes not going to work, school, or public areas. It is also best if you can stay in a room away from other people in your household, and do not share household items such as dishes and towels.

If you are concerned that you may have been exposed to the Coronavirus, or are experiencing any flu-like symptoms, contact your local health clinic. You can also call 8-1-1, or the Government of Canada novel coronavirus information line: 1-833-784-4397. You can also visit bccdc.ca for further updates on the virus.