

Information Bulletin #1 - March 11, 2020

About Coronavirus (COVID-19)

For all friends and family of GEF Seniors Housing

As many people are concerned about the spread of coronavirus (COVID-19), here is some information that can help you protect yourself and others against respiratory illnesses, including COVID-19, the flu and colds.

The overall public health risk of coronavirus (COVID-19) exposure in Alberta remains low, but we must all do our part to prevent and slow the spread of the virus.

Here are some important steps you can follow:

- Wash your hands frequently, use hand sanitizer when soap and water aren't available, and follow the tips on the back of this sheet;
- Don't visit with friends and family if you're sick with a fever or cough;
- Do **not** go to an emergency department, urgent care centre or your doctor if you have flu-like symptoms such as a fever or cough. **Do call** Health Link at 811 to discuss your symptoms – or even if you have questions and concerns;
- If you have recently returned from a trip outside Edmonton or Canada and are experiencing flu-like symptoms, self-isolate immediately and call 811 for assessment and testing. If you are feeling well, carefully monitor your health for the next two weeks and call 811 if you begin to experience symptoms.

The Alberta Health Services website states COVID-19 is similar to and different from the flu:

COVID-19 is similar to the flu:

- Both cause respiratory disease in people who get sick;
- Both are spread the same way, via small droplets from the nose and mouth;
- Neither spreads through the air over long distances and times, unlike measles.

COVID-19 is different from the flu:

- Doesn't seem to spread like the flu unless you have symptoms. This is why self-isolation is important;
- Currently there is no specific vaccine or treatment for COVID-19;
- COVID-19 causes severe disease in more cases than seasonal flu.

There are many misconceptions, in social media and elsewhere, about how COVID-19 can be spread. Washing your hands often and making sure you are well-informed about this coronavirus and how to protect yourself and others is key to prevention. See the other side of this bulletin for a handy reference poster, and you can find accurate and current information about coronavirus on the following websites:

Alberta Health Services: www.albertahealthservices.ca for more preparation and prevention tips, as well as more information about symptoms and risk;

Government of Alberta: www.alberta.ca/COVID19 for information about the current risk level in Alberta, prevention and preparation tips and general information for all Albertans;

Government of Canada: www.canada.ca/en and select "Coronavirus (COVID-19)" from the most requested list for updates, travel advice and information for travellers returning to Canada.



WASH YOUR HANDS often with soap and water for at least 20 seconds

APPLY hand sanitizer when hand washing is not available and follow up with hand washing as soon as possible

COVER YOUR COUGH OR SNEEZE with your arm or a tissue - not your hand - and throw the tissue in the trash

Help prevent the spread of virus and flu



DON'T TOUCH your eyes, nose or mouth with unwashed hands

CLEAN AND DISINFECT common surfaces, like phones, doorknobs, television remotes and computer keyboards

VISIT alberta.ca/COVID19 and albertahealthservices.ca for more information

AVOID CLOSE CONTACT with people who are sick, and stay home yourself if you are sick