

Coronavirus (COVID-19) and You ...

Symptoms of COVID-19

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- fever
- cough
- difficulty breathing

Novel coronavirus vs. flu symptoms

Novel Coronavirus (Covid 19) Symptoms

- Fever
- Cough
- Difficulty breathing
- Shortness of breath

If you are feeling ill and have recently traveled to China or have been in close contact with someone who has COVID-19, please contact your doctor immediately.

Flu Symptoms

- Fever/feeling feverish
- Headache
- Muscle and body aches
- Feeling very tired (fatigue)
- Cough
- Sore throat
- Runny or stuffy nose

If you have the following symptoms, go to the nearest emergency room:

- Difficulty breathing or if breathing is painful while resting.
- Cough up thick sputum that is not clear or is bloody.
- You start feeling better, then suddenly develop a high fever and feel ill again.
- There are no specific treatments for coronaviruses and there is no vaccine that protects against coronaviruses.
- Most people with common human coronavirus illnesses will recover on their own.

You should:

- Drink plenty of fluids.
- Get rest and sleep as much as possible.
- Try a humidifier or a hot shower to help with a sore throat or cough.

In a true emergency situation, call 911 and mention your travel history and symptoms.

Please refer to the Garden River Wellness Centre COVID-19 package for more information.

If you still have symptoms and are unsure of what to do, contact Telehealth @ 1-866-797-0000 or call your Health Care Provider

