



## COVID-19 Q&A

Sources: Vancouver Coastal Health; BC Centre for Disease Control

### **Q: What are the symptoms of COVID-19?**

Signs and symptoms are similar to other respiratory illnesses, including the flu and common cold. These symptoms include a dry cough, sneezing, fever, sore throat, difficulty breathing and headache, and gastrointestinal illnesses (nausea, vomiting and/or diarrhea).

### **Q: How is COVID-19 spread?**

Coronavirus is transmitted via larger liquid droplets when a person coughs or sneezes. The virus can enter through these droplets through the eyes, nose or throat if you are in close contact. The virus is not known to be airborne (e.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin.

It can be spread by touch if a person has used their hands to cover their mouth or nose when they cough. That's why it is recommended you cough or sneeze into your arm and wash your hands regularly.

### **Q: What precautions should I take to help prevent myself and those around me from getting sick?**

- Always cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your sleeve (not your hand!)
- Throw any used tissue into a garbage can immediately after use. Then wash your hands, using either soap and water or sanitizer.
- As best as you can, keep your hands away from your eyes and nose. (Your eyes and nose have mucous membranes; germs (on your hands) can enter your body through the mucous membranes of your eyes and nose.
- If you are sick, stay home, including if you are taking medications to mask symptoms (such as fever, coughing or shortness of breath), stay home and call 8-1-1 (HealthLink). While COVID-19 is mild in most cases, people with underlying medical conditions are at most risk. So while you may be okay, others may not. Think of your colleagues and customers before you bring your germs to work.

### **Q: If I have recently returned from travel or have upcoming travel plans, what should I keep in mind?**

British Columbians should monitor their health while they are travelling and after they return. If you have any symptoms at all of a cold or influenza, even if they're mild, stay away from others. If you have been to areas, particularly where we know there has been transmission of COVID-19, then call your health care provider, call 8-1-1, call public health. Always tell health care providers about recent travel if you become ill after returning to Canada.



As of March 2, 2020, the Public Health Agency of Canada has implemented new recommendations for newly arrived travellers returning from Hubei province (including Wuhan city), China or Iran. Newly arrived travellers are now advised to closely monitor themselves for symptoms and to avoid contact with others for 14 days after leaving those areas. This includes remaining home from school, work and avoiding crowded public places. This recommendation was made out of an abundance of caution. Call 8-1-1 if you develop symptoms.

**Q: If I do need to self-isolate, how do I do this properly and avoid contact with others?**

For the health of your family, friends and community, you need to stay at home. That means do not have visitors and do not go to work or school, public areas, including places of worship, stores, shopping malls and restaurants. Cancel or reschedule appointments. If you need to leave your home for medical care, do not take buses, taxis or ride-sharing where you would be in contact with others. You can use delivery/pick up services for groceries or other needs, but avoid face-to-face contact. Face-to-face contact means you are within 1-2 metres (3-6 feet) of another person.

**Q: How do I self-isolate if I live with other people?**

It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions. If you need to share a home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can. Wear a face mask (surgical/procedure mask) if you are in the same room with anyone. Avoid face-to-face contact; friends or family can drop off food outside your room or home. Face-to-face contact means you are within 1-2 metres (3-6 feet) of another person.

**Q: Where should I go to find the latest information and updates regarding COVID-19?**

For more information and latest updates on COVID-19, follow the BC Centre for Disease Control on [Twitter @CDCofBC](#) or visit the website: <http://www.bccdc.ca/>

If you're seeking travel advice, please refer to the latest [Travel Notice from the Government of Canada](#). Timely updates are also available from the [BC Centre for Disease Control](#), [Health Canada](#) and the [U.S. Centers for Disease Control and Prevention](#).