

# INFORMATION ABOUT COVID-19

**THE MOST EFFECTIVE WAY TO STAY HEALTHY IS TO WASH YOUR HANDS!**

## RISK

The Public Health Agency of Canada has assessed the public health risk associated with the novel COVID-19 as **low** for Canada and for Canadian travellers. The risk is continually reassessed as new information becomes available. If you are interested in further information about the outbreak you can access the websites of the World Health Organization, Manitoba Health and the Public Health Agency of Canada. Public Health Canada reports risk to international travellers as generally **low** but varies depending on destination.



## SYMPTOMS



Many of the symptoms (such as fever, cough and difficulty breathing) are indistinguishable from seasonal influenza. If you have these symptoms and are unsure whether to seek medical attention, please call Health Links Winnipeg (**1-888-315-9257**) or Telehealth Ontario (**1-866-797-0000**). If you do not have a family doctor, we advise you to call Health Links, where a qualified health care professional will help you.

Rest is essential to recovering from the flu. If you need to miss classes, please email [info@heartlandenglish.com](mailto:info@heartlandenglish.com) in Winnipeg or [welcome@heartlandenglish.com](mailto:welcome@heartlandenglish.com) in Mississauga.

## PRECAUTIONS

Although Public Health Agency of Canada maintains that the coronavirus poses a low risk to the public health of Canadians, it is still a good idea to practice health precautions to further reduce risk. Rest is essential to recovering from the flu. If you need to miss classes, please email [info@heartlandenglish.com](mailto:info@heartlandenglish.com) in Winnipeg or [welcome@heartlandenglish.com](mailto:welcome@heartlandenglish.com) in Mississauga.

- Wash your hands often with soap under warm running water for at least 20 seconds;
- When coughing or sneezing, cover your mouth and nose with your arm to reduce the spread of germs;
- Avoid touching your face;
- If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.
- Stay home if you are feeling sick.



## MORE INFORMATION

**Manitoba Health:** [www.gov.mb.ca/health/](http://www.gov.mb.ca/health/)

**Ontario Health:** <https://www.ontario.ca/page/ontario-health-agency>

**Health Links Winnipeg:** 1-204-788-8200 or toll-free 1-888-315-9257

**Telehealth Ontario:** 1-866-797-0000

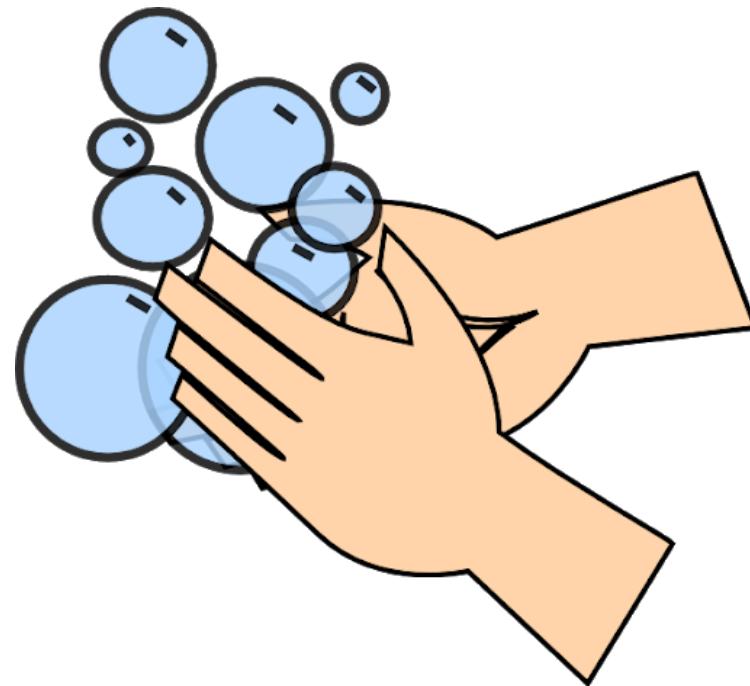
**Public Health Agency of Canada:** <https://www.canada.ca/en/services/health.html>

**World Health Organization:** <https://www.who.int/health-topics/coronavirus/coronavirus>

For questions about extending your stay in Canada, visit [www.cic.gc.ca](http://www.cic.gc.ca).

# **KEEPING YOU AND YOUR FRIENDS HEALTHY:**

**Wash your hands with soap.**



**Cover your cough with your arm.**



**Stay home if you are sick.**

