



What is COVID-19?

- COVID-19 is a communicable disease reportable under *The Public Health Act, 1994*. **Persons infected with or exposed to COVID-19 should take all precautions as advised by Public Health and all reasonable measures to reduce significantly the risk of infecting others.**
- COVID-19 is caused by a new coronavirus, Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), and is part of a large family of viruses that can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS).
- COVID-19 causes mild to moderately severe symptoms or death.

How does COVID-19 spread?

- The virus spreads through the air when an infected person coughs, sneezes, sings, shouts or talks.
- It can be transmitted from people two days before they get symptoms or from people who don't have symptoms.

What are the symptoms of COVID-19?

- You might not have any symptoms.
- Common: fever, chills, cough, tired, muscle aches, nausea / vomiting, diarrhea.
- Less frequent: shortness of breath, sore throat, new or unusual worsening of chronic conditions, decreased or loss of appetite, new loss of smell and/or taste.
- Rare: confusion, runny nose, fainting, skin rashes, eye symptoms.
- Most people with COVID-19 illness will recover on their own. Severe symptoms may require hospitalization.

Should I get immunized?

- **YES!** GET 2 DOSES of COVID-19 vaccine (at least 1 month apart).
- To find out where to get immunized, VISIT saskatchewan.ca/covid19-vaccine-booking

Where can I get tested for COVID-19?

- Visit saskatchewan.ca/COVID19 or call HealthLine 811 for more information on testing.

Should I download the COVID ALERT APP?

- YES! The app is another tool Canadians can use to help limit the spread of COVID-19. The more Canadians who install the COVID Alert app on their phones, the better we can limit the spread of COVID-19.
- The COVID Alert app does not collect personal information or health data, and does not know or track the location, name, address or contacts of any user. If you have a shared phone, the app is not advised.
- DOWNLOAD the COVID ALERT APP from the Apple App Store or Google Play.

General Advice for Everyone

- WEAR A MASK in indoor public places
- KEEP YOUR DISTANCE from others
- SELF-MONITOR for symptoms
- STAY HOME if not feeling well
- GET IMMUNIZED
- DOWNLOAD the COVID ALERT APP

Where can I get more information?

- CALL HealthLine 811
- VISIT saskatchewan.ca/COVID19