



Tips for protecting yourself and your loved ones from the Coronavirus (COVID-19) outbreak

What is Novel Coronavirus?

A new flu-like coronavirus has been reported in several cities around the world in recent weeks. The coronavirus (abbreviated as COVID-19) is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China.

What are the symptoms of COVID-19?

According to the World Health Organization (WHO), symptoms of COVID-19 usually include:

- Feeling tired
- Difficulty breathing
- A high temperature
- A cough and/or sore throat

These symptoms are similar to other respiratory diseases, including flu and the common cold. Symptoms are thought to appear between two and 10 days after contracting the virus. The incubation period during which a person has the disease but is not exhibiting symptoms can be between one day and two weeks. It's possible that the virus can be passed on to others during the incubation period before the person carrying starts to exhibit symptoms.

Seek medical help if you develop:

- Fever;
- Cough; or
- Difficulty breathing

Call your health care provider or local public health authority. They will provide advice on what you should do. To protect those around you, wash your hands often and cover your mouth and nose when coughing or sneezing.

Other tips include:

- Carry a hand sanitizer with you to make frequent cleaning of hands easy
- Always wash your hands before you eat
- Be especially careful in places like airports, stores, restaurants, and public transport systems about touching things and then touching your face
- Do not share snacks from packets or bowls that others are using
- Regularly clean, not just your hands, but commonly used surfaces and devices you touch or handle

How to protect your family, especially children

You can significantly lower the risk that children pose of spreading or catching viruses by:

- Explaining to them how germs spread and the importance of good hand and face hygiene
- Keeping household surfaces clean, especially kitchens, bathrooms and door handles
- Using clean cloths to wipe surfaces, so you don't transfer germs from one surface to another
- Giving each family member their own towel and making sure they know not to share toothbrushes etc.
- Keep your home dry and airy

What to do if you are worried

If you're feeling nervous about COVID-19, you're not alone. Being concerned and empathetic about this outbreak is normal. However, you may experience feelings of discomfort, impacting concentration, productivity and even disrupting sleep patterns.

What you can do to feel better

- **Stick to the facts** as communicated by public-health agencies or medical professionals.
- **Try and keep it in perspective.** Social media can amplify misinformation. Keep in mind there's a concerted global effort to try and contain this virus, and the World Health Organization is maintaining a [webpage](#) with answers to common questions.
- And, of course, **stay healthy.** Washing your hands often, and properly is the single most effective way to stop the spread of disease.

Where can I find out more information?

It is important to stay informed and to focus on official sources of information on the development of this epidemic, such as:

[World Health Organization](#)

[Public Health Agency of Canada](#)

[Public Health Ontario](#)

[Centers for Disease Control and Prevention](#)

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