



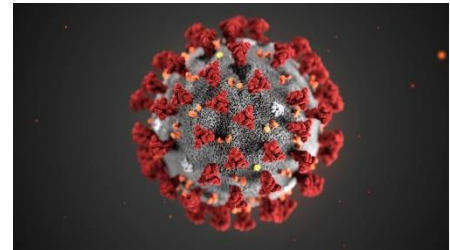
What is **COVID-19?**

Also known as the Coronavirus

Provided by your Manitoba Metis Government

What is COVID-19?

COVID-19 is a new virus that appeared last December in China. It's spread from person to person through close contact (within 6 feet) of a person coughing. You can also get COVID-19 by touching something that's been infected by the virus, then touching your nose, mouth or eyes.



How do you know if you're sick?

COVID-19 feels a lot like the flu, so you may have a fever (more than 38°C, or 104°F) or a dry cough, and you may feel very tired. People can also be sick without seeming like it, so it's important to take extra care.

Your Metis Government wants you to be prepared. We are planning for something which may not happen, but being ready will ensure that we are able to respond quickly.

Call your doctor or nurse if you think you're sick!

If you have questions, please call

Health Links at 1-888-315-9257

or Greener Life Medical at 1-833-851-6431 or 1-647-629-0321

for 24/7 contact with a Registered Nurse or Nurse Practitioner.