



All about

# 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 or sneezing. 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 be sick without seeming like it, so it's important to take extra care.

## How can you protect yourself?

### Do:

- Wash your hands often
- Cough or sneeze into a tissue or your elbow
- Stay home from work or school if you're sick
- Refer to travel advice and advisories issued by the government of Canada

### Do not:

- Panic!
- Attend big gatherings, especially if you're more likely to get 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.**