

# MHI – Tool Box Topic COVID – 19 (Coronavirus)

## How can people protect themselves from COVID-19 (Coronavirus)?

Dr. Bruce Aylward, senior adviser to the World Health Organization's director general, led the WHO's COVID-19 mission to China, states: the most important steps people can take to protect themselves from COVID-19 generally fall under the usual best practices for personal hygiene.

### Symptoms of COVID - 19

Common signs include respiratory symptoms: fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.

### Treatment of COVID - 19

Like most respiratory illnesses, most people with common coronavirus illness will recover on their own. There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can and should be treated. If symptoms feel worse than a standard cold, see a health care provider or call Healthline at 811. If you are planning to see your health care provider or go to the emergency room, please call ahead and explain your symptoms and travel history so they can make appropriate safety accommodations.

### How to Protect Yourself Against COVID - 19

Currently, there is no approved vaccine that protects against coronaviruses in humans.

As a respiratory illness, the best method to protect yourself against coronavirus is to practice everyday preventive actions, including:

- Practice proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices; and
- Avoid close contact with people who are sick.

There is no evidence that surgical masks protect persons who are not sick. The World Health Organization does not recommend the use of any masks if you do not have a travel history and respiratory symptoms.

**At this time (Mar.03, 2020) Saskatchewan does not have a confirmed case of COVID-19, and the risk to Canadians remains low.**

Visit <https://www.saskatchewan.ca/> for latest & accurate information.