

COVID-19 FACTS

COVID-19 is a **respiratory infectious disease** that is **spread** between individuals by:

- Breathing in **respiratory droplets** from an infected person when they cough, sneeze, and/or speak;
- **Direct contact** with an infected person (eg. shaking hands, touching, etc.);
- Touching objects that **infectious droplets** have landed on and then touching your eyes, nose, and/or mouth without proper hand hygiene.

*It is important to note that asymptomatic and pre-symptomatic individuals **CAN** transmit the virus.*

In order to prevent the spread of COVID-19:

- Frequently **wash hands** thoroughly OR use an **alcohol-based hand sanitizer** (at least 60% alcohol ethanol or 70% isopropanol) when soap and water is not available;
- Maintain a minimum **2-metre distance** between yourself and others, regardless of whether or not they are showing symptoms of COVID-19;
- Wear a **non-medical face mask** if physical distancing guidelines cannot be maintained;
- Practise **respiratory hygiene** (i.e. cover your mouth and nose when you cough and/or sneeze and dispose of tissues immediately);
- Avoid **touching your face**;
- Stop hand shakes and use **non-contact greeting methods**;
- **Increase ventilation** by opening windows or adjusting air conditioning;
- Frequently **disinfect** highly touched surfaces;
- **Self-quarantine** and **self-isolate** according to public health guidelines.

Anyone can be infected with COVID-19 and become seriously ill. However, individuals who are at **higher risk** of becoming severely ill due to COVID-19 are:

- **Older adults**; and
- Individuals with **underlying medical conditions** (i.e. high blood pressure, heart and lung problems, diabetes, and cancer).

*It is important to note that COVID-19 impacts are not symmetric across all populations due to **intersecting systems of oppression**. There is a need for more disaggregate data to be collected in order to understand those systemic impacts.*

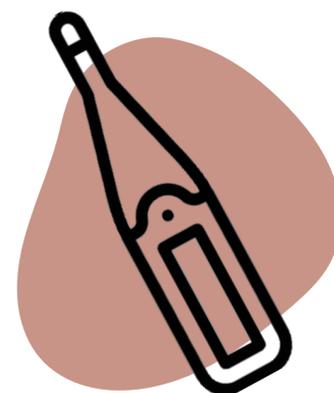
The most common symptoms of COVID-19 include:

- fever;
- dry cough;
- tiredness; and/or
- difficulty breathing.

It can take up to 14 days for an infected individual to begin to exhibit symptoms of COVID-19.

Less common symptoms of COVID-19 include:

- aches and pains;
- nasal congestion;
- headache;
- sore throat;
- diarrhea; and/or
- loss of taste or smell.



Self-quarantine for 14 days and monitor for symptoms if:

- You have been in **close contact** with a suspected or confirmed case of COVID-19; and/or
- You are returning from **international travel**.

More information for travellers returning to BC can be found [here](#).

Self-isolate:

- If you are **exhibiting symptoms** of COVID-19, even mildly, for as long as symptoms persist;
- Use the **BC COVID-19 Self-Assessment Tool** to determine if you need further testing or assessment; and
- Follow BCCDC's guidelines on what to do **if you are sick**.

COVID-19 on surfaces can easily be killed with the use of household disinfectants.



It has been found to survive on:

- Plastic and Stainless Steel for up to 72 hours;
- Copper for up to 4 hours; and
- Cardboard for up to 24 hours.

SARS-CoV-2, on average, lives longer on non-porous surfaces, relative to porous surfaces. **Here** is a guideline by the Boston Public Health Commission on how to **clean and disinfect porous vs. non-porous surfaces** that have or may have been exposed to SARS-CoV-2.

SOURCES:

Boston Public Health Commission (BPHC), British Columbia Centre for Disease Control (BCCDC), Government of Canada, Government of British Columbia, Public Health Agency of Canada (PHAC), WorkSafe BC, & World Health Organization (WHO).