Protecting against COVID-19

What is COVID-19?

The COVID-19 virus can cause illness ranging from a very mild, cold-like illness to a severe lung infection.

Symptoms can include:

- Fever
- Cough
- Sore throat
- Runny nose
- Muscle aches
- Headache
- Difficulty breathing

The World Health Organization advises that symptoms may appear in as few as 2 days or as long as 10 to 14 days after being exposed.

Shared Health Manitoba has developed a self-assessment tool to help people determine if they need further assessment for COVID-19. It is available at:

https://sharedhealthmb.ca/covid19/screening-tool/

How is COVID-19 transmitted?

COVID-19 is spread through an infected person sneezing, coughing or exhaling as respiratory droplets are released into the atmosphere, landing on nearby surfaces and/or another person. The person in close contact may then touch contaminated surfaces and then rub their eyes, nose and mouth before washing their hands.

The virus can be transmitted by:

- Breathing in droplets in the air that are generated when people cough or sneeze.
- Close contact with other people (e.g. shaking hands or hugging).
- Touching contaminated surfaces and then touching the face, mouth or food.
- Touching a contaminated surface and then touching another surface may cause the virus to transfer from one surface to another.

Protect yourself

Key prevention steps:

- Get vaccinated.
- Wash your hands or use alcohol-based hand sanitizer frequently.
- Clean and then disinfect surfaces that are frequently touched.
- Cover your cough or sneeze with your elbow or tissue and throw tissue in the garbage after use.
- Avoid close contact with people who are sick.
- Stay home if you are sick!

If you have any symptoms, isolate yourself as quickly as possible and immediately call MB Health Links at 1-888-315-9257.

Information on COVID-19 guidance in Manitoba is available at:

https://www.gov.mb.ca/covid19/index.html