



PANDEMIC

What does it mean:

In the case of **COVID-19**, it means that global spread has occurred, and is now affecting a large part of the population, which has little to no existing immunity. It does not mean that the virus has suddenly become more contagious or deadly.

HOW IS COVID-19 SPREAD?

Through:

- Respiratory droplets when you cough or sneeze
- Close personal contact with others, such as touching or shaking hands
- Touching your face after touching something contaminated



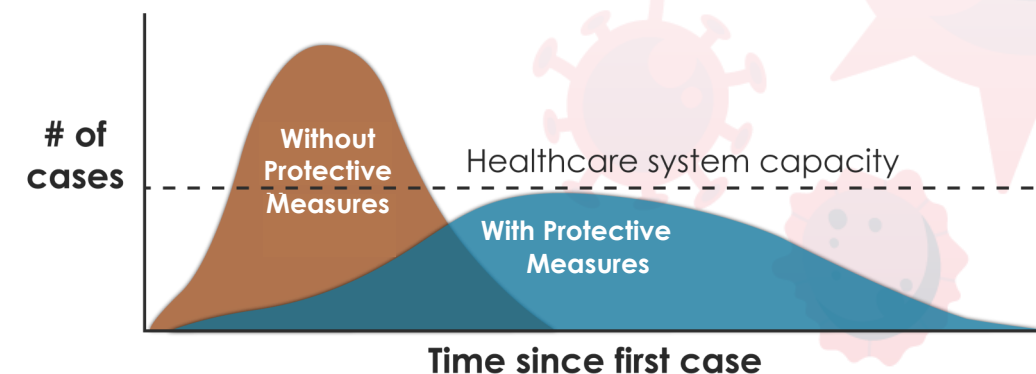
HELP STOP THE VIRUS FROM SPREADING:

- Wash your hands often with soap and water, or use alcohol based gel
- Practice social distancing, and avoid close contact with people who are sick
- Stay home if you are sick
- Cover your mouth and nose with your arm or tissue when coughing or sneezing
- Spread good sources of info like Dr. Tam @CPHO_Canada (twitter)



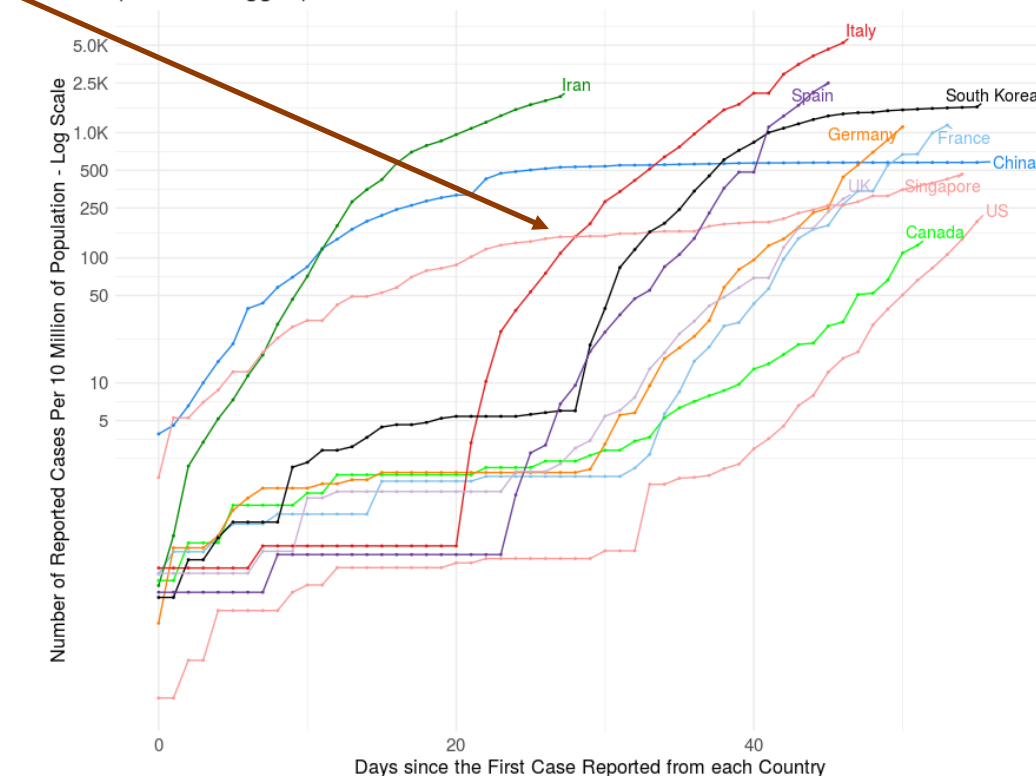
COVID-19

5-15% of **COVID19** patients will likely need support from the healthcare system. If we slow down the spread of infection, we can #FlattenTheCurve and help ensure that everyone who needs medical help can get it.

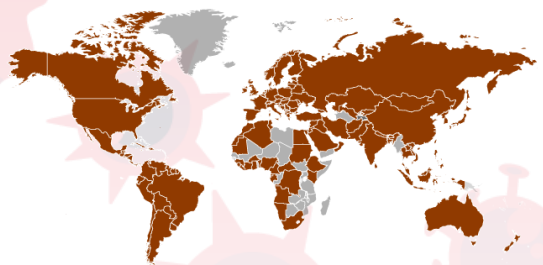


Adapted from CDC / The Economist

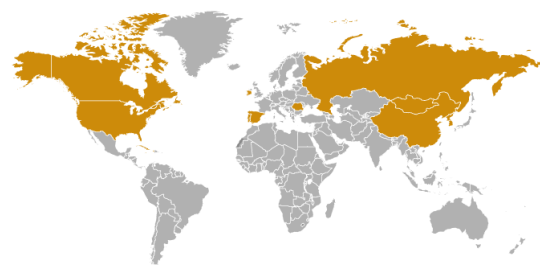
Per Capita COVID-19 Confirmed Cases @ 2020-03-18 18:48:03 AEDT
(Y-axis is logged)



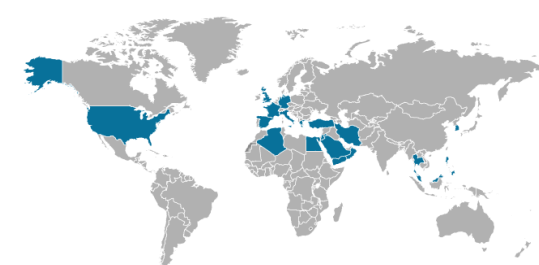
Cases	Deaths
245, 484	10, 031



Cases	Deaths
8, 000	774



Cases	Deaths
2, 506	862



Cases	Deaths
~800M / Year	500K / Year





Do I have COVID-19?

If you think you have COVID-19, isolate yourself as quickly as possible. Use your Provincial or Territorial self-assessment tools, consult your local Public Health authority or Base/Wing Medical Centre. Symptoms may take up to 14 days to appear after exposure to COVID-19.



Fever



Cough



Difficulty Breathing

● Main symptoms ● In some cases

Symptoms	COVID-19	Flu	Cold
Fever	●	●	
Cough	●	●	●
Difficulty breathing	●		
Sore throat	●	●	●
Nasal congestion	●	●	●
Runny nose		●	●
Headache		●	●
Muscle pain		●	



Source: Public Health Agency of Canada



Vulnerable Populations

Anyone who is:

- An older adult (65+)
- At risk due to underlying health conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, lowered immune systems, or cancer)
- At risk due to a compromised immune system



There is lots of info out there. If you are feeling anxious or overwhelmed, take a break from the news and social media.

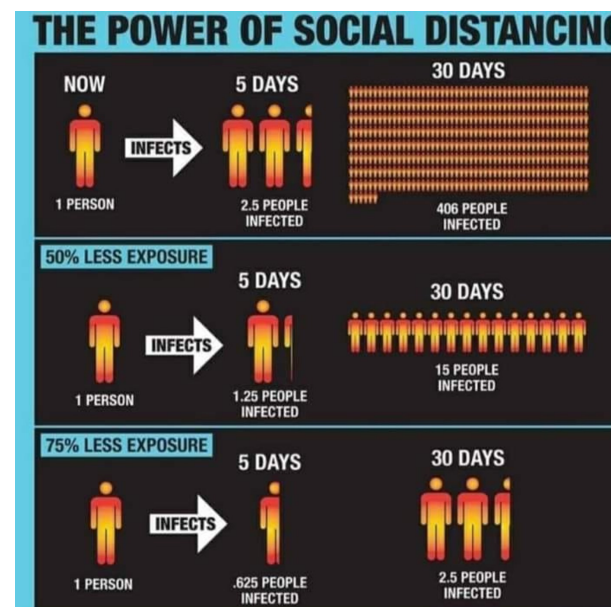
But if you want to find out more, check out the additional resources below



Call: 1-833-784-4397
Visit canada.ca/coronavirus or [DND internal website](#) or your local Public Health unit website
Email: phac.info.aspc@canada.ca
Download the [HR Go App](#)
WHO: [Mythbusters](#)

What can you and your family do to help?

Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes in your everyday routines in order to minimize close contact with others, and in particular avoiding those who are at higher risk of getting **COVID-19**.



Treatment

There is no specific treatment for **COVID-19** infection. Most people with mild coronavirus illness will recover on their own. To stop the transmission chain, isolation of infected individuals and practicing social distancing is best. If severe symptoms develop (frequently short of breath and cannot manage your symptoms at home), visit your local hospital ER or call 9-1-1 if required. If you have received a flu vaccine, it will not protect against coronaviruses. A COVID-19 vaccine is being studied, but researchers need to make sure it works, and that it is safe.