



# CORONAVIRUS FACT SHEET

*The Assembly of First Nations (AFN) is providing information on COVID-19, formally called coronavirus. As the situation is evolving rapidly, please visit the websites for the Public Health Agency of Canada and Indigenous Services Canada for the most current information.*

As of March 17, 2020, the public health risk within Canada is low to moderate depending on the individual's health status and age. The risk assessment changes frequently, and we encourage you stay informed. For information specific to your region, please visit your regional websites or communicate directly with your First Nation.

## How COVID-19 is spread:

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze;
- close/prolonged personal contact, such as touching, hugging or shaking hands;
- touching an object contaminated with the virus, then touching your mouth, nose or eyes before washing your hands.



**For updated national information on COVID-19:**

**PHAC:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#h>

**ISC:** <https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298>

## What to do if you think you have contracted COVID-19?

Monitor your health and if you begin to feel ill with a fever, cough, or have difficulty breathing please avoid crowded public spaces and places where you cannot easily separate yourself from others.

When you start having symptoms, isolate yourself from others as quickly as possible. Call your local health staff at the nursing station, health facility, or your local health centre. Describe your symptoms and be sure to inform them of any travel history.

To protect those around you, wash your hands often, cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues into a garbage immediately and wash/sanitize your hands afterwards.

## You will need to stay home and self-isolate if:

- You have been tested positive for the COVID-19 virus.  
**Note: you do not need to be hospitalized and can receive care at home.**
- You are being assessed for the COVID-19 virus by a healthcare provider.
- If your symptoms worsen, contact a health care professional as soon as possible.

## Common prevention measures for viruses, such as the COVID-19 and influenza, include:

- Regular hand washing with soap and warm water or an alcohol-based hand cleanser.
- Cover your mouth and nose when coughing and sneezing.
- Avoid close contact with anyone showing symptoms of a respiratory illness, such as coughing or sneezing.
- Stay home when you are ill, especially during flu season.

**Reminder: There are no vaccines for the COVID-19 virus.**