



Novel Coronavirus Fact Sheet

January 28, 2020 Version

Coronaviruses are a large family of viruses, ranging from the common cold to more severe diseases. The Wuhan novel coronavirus (2019-nCoV) is a new coronavirus identified in China in late December.

- Your risk of becoming severely ill may be higher if you have a weakened immune system – this includes older adults and people with chronic diseases.
- Symptoms of novel coronavirus are similar to influenza and include fever, cough, muscle aches, headaches and difficulty breathing. So far, a lot of the cases have been mild but there are more severe cases like pneumonia, and there have been some deaths.

At this time, the Public Health Agency of Canada states that the risk of coronavirus to Canadians is low.

You are at risk of contracting novel coronavirus if you have recently travelled to Wuhan, China or have been in close contact either with someone who has a confirmed or suspected case of the virus or who has recently travelled to the affected area has symptoms of respiratory illness.

People should take the same measures they take to protect against the flu including washing their hands, avoiding people who are sick, staying home when they are sick and covering their mouth and nose when they cough and sneeze.

- If people travel to an area known to have cases of coronavirus, they should avoid contact with animals, high-risk areas such as farms.

If you feel ill after travelling or being near someone who has travelled to at-risk areas, contact Durham Region Health Department or your health care provider and tell them your travel history and symptoms.

- If you get sick while you were away, tell a flight attendant or a border services officer when your flight arrives in Canada and they will help to determine whether you need a medical assessment.

There are no specific treatments or vaccines for coronaviruses.



Most people with coronavirus illness will recover on their own and are advised to drink plenty of fluids, get rest and sleep and try a humidifier or a hot shower to help with a sore throat or cough. They should “self-isolate” to limit the potential spread to others.

If symptoms are worse than a common cold, contact a physician or health care provider tell them about your symptoms and travel history. Call ahead of time before going to the clinic.

People who are very sick with symptoms such as difficulty breathing or are at risk of complications should to go to the emergency department to be screened.

With the robust measures we are taking to prevent and protect against infectious diseases such as the novel coronavirus, Lakeridge Health is well prepared to respond effectively if the virus is identified in Durham Region.

- Lakeridge Health and the whole health care system has learned a lot since SARS and significantly strengthened our systems and capacity to respond.
- Lakeridge Health has a pandemic plan, has taken all precautionary steps to prevent and control the spread of infectious diseases, and has robust processes to screen all patients who come to our emergency departments and locations.
- Screening aims to quickly identify patients who have signs and symptoms of the infection along with travel and/or contact with people who have coronavirus or who have recently travelled to the affected areas and are ill.

If someone meets the criteria for novel coronavirus, the patient along with their accompanying family members/caregivers are relocated to a negative pressure isolation room and provided with Personal Protective Equipment including a mask and gown.

- All team members entering the room wear a N95 mask, eye shield, gown and gloves.
- Any individual with symptoms remains in isolation until test results are confirmed. People who are symptomatic may be discharged home and monitored by public health.



**Lakeridge
Health**

Lakeridge Health is working closely with the Ministry of Health (MOH) and coordinating a local response with our partners including Durham Region Health Department, EMS, and community providers.

- If coronavirus is suspected, test samples to confirm coronavirus are sent to the Public Health Ontario Laboratory and the National Microbiology Laboratory (NML).

Health providers who receive calls from patients or have a patient who meets any of the criteria for novel coronavirus are asked to call Durham Region Health Department (DRHD) for further assessment and direction at 905-668-7711 ext 2996 or after hours 905-576-9991.

If you have questions, visit Lakeridge Health's website page for local updates or go to the Ministry of Health's page on coronavirus at [MOH Coronavirus website](#). People can also call [Telehealth](#) at 1-866-797-0000.