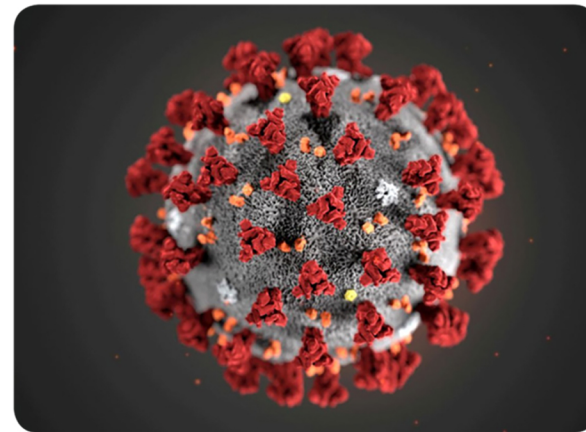


Like every community in Canada, we are adjusting to the realities of the COVID-19 pandemic and have had to make major changes to our lives to help keep us all safe during this difficult time.

What is COVID-19?


COVID-19 is a newly identified infectious disease caused by Sars-CoV-2, and is a part of the larger family of viruses called Coronavirus. These diseases range from mild illnesses such as the common cold to severe illness such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). While coronaviruses can affect both animals and humans, human coronaviruses specifically are known to cause respiratory infections.

At the present time COVID-19 is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more.



SYMPTOMS OF COVID-19

COVID-19 symptoms may range from little-to-no symptoms to severe illness and death. Most symptoms are usually mild and begin gradually 2 to 14 days after exposure.

MOST COMMON SYMPTOMS	OTHER SYMPTOMS
<ul style="list-style-type: none"> • Dry cough • Fever • Fatigue 	<ul style="list-style-type: none"> • Aches and pains • Diarrhea • Nasal congestion • Pneumonia • Runny nose • Sore throat

Urgent symptoms requiring immediate medical attention include:

- Difficulty breathing or shortness of breath
- New confusion or inability to arouse
- Persistent pain or pressure in the chest
- Loss of consciousness

This list is not all inclusive. Please consult with your health care provider for any other symptoms that are severe or concerning. There is also a Self-Assessment Tool you may complete online for further instructions.

Self-Assessment Tool:
public.ehealthsask.ca/sites/COVID-19

DIAGNOSIS OF COVID-19

Coronavirus infections are diagnosed by a health care provider based on symptoms and are confirmed through a laboratory test. The test is usually done by taking a nasal swab or a throat swab.

TREATMENT OF COVID-19

As with most respiratory illnesses, most people with COVID-19 illness will recover on their own. There is no specific treatment for disease caused by COVID-19. Severe or worsening symptoms may require supportive treatment in hospital. If symptoms feel worse than a standard cold, see a health care provider or call HealthLine at 811. If HealthLine recommends you seek acute care, they will provide instruction to call ahead.

COVID - 19 RESOURCES

The Network is working with other provincial agricultural safety organizations to develop resources related to COVID-19 and health and safety in agriculture.



SCAN ME

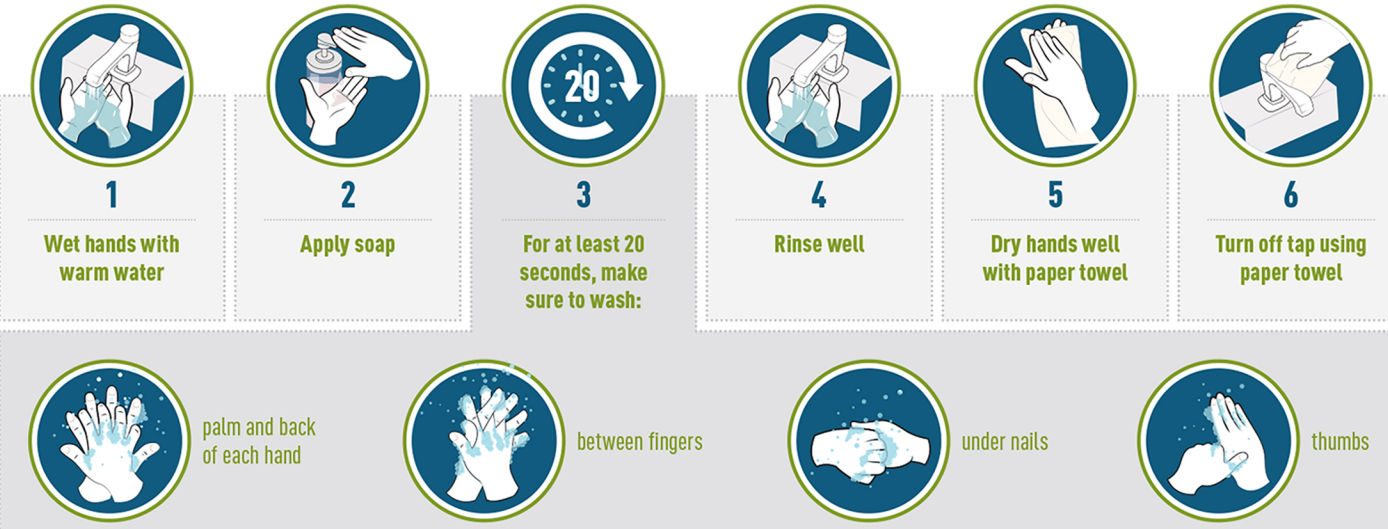
PREVENTION OF COVID-19

Currently, there is no approved vaccine that protects against COVID-19. Vaccine and drug treatments for COVID-19 are being developed and tested.

As a respiratory illness, the best method to protect yourself against COVID-19 is to practice everyday preventive actions, including:

- Practise proper cough and sneezing etiquette (into the bend of your elbow)
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect your home regularly
- Maintain safe food practices
- Avoid close contact with people who are sick
- Avoid unnecessary travel to affected areas
- Avoid large crowds and practice social distancing of ideally 2 metres (do not shake hands, hug or kiss)
- Wearing a nonmedical mask (even if asymptomatic) is an additional measure you may take to protect others around you, particularly in situations where the recommended physical distancing cannot be maintained (such as on public transit or in grocery stores).

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1-833-784-4397

@canada.ca/coronavirus