



# Guide to COVID-19

## What is COVID-19 ?

Covid-19 is also known as coronavirus. It is a new, very contagious virus that affects respiratory airways such as the throat and lungs. It is more serious than pneumonia, especially for elderly people.

We have not yet learned how to protect ourselves from this virus, which is why so many people are sick. Many people who are infected (8 out of 10) recover without any special treatment.

## What are the symptoms ?

They are similar to the flu : fever, cough, difficulty breathing, fatigue, muscle aches.

In more serious cases : pneumonia.

Sometimes : headache, sore throat, diarrhea, vomiting, loss of taste and smell.



## How can I get it?

Covid-19 moves from one person to the next by droplets of liquid. These droplets start in our lungs and leave through our nose and mouth when we blow our nose or cough.

These droplets can land on and contaminate objects, other people and our hands.



## Why should I stay home and avoid leaving my house, even if i'm not sick?

- Because the virus can take 3 to 14 days to develop and you are contagious during this period.
- To reduce the risks of catching and transmitting the virus.
- To avoid infecting elderly people or people with weaker immune systems.
- Because you might be carrying the virus even if you don't have symptoms, and you might transmit it to others!

**You can** still go outside and take a walk close to your home, keeping a distance of 2 metres.

**You can** call a friend or family to feel less lonely or isolated.

**You can** have fun and do activities that bring you joy!

## The best ways to protect ourselves and avoid infecting others :

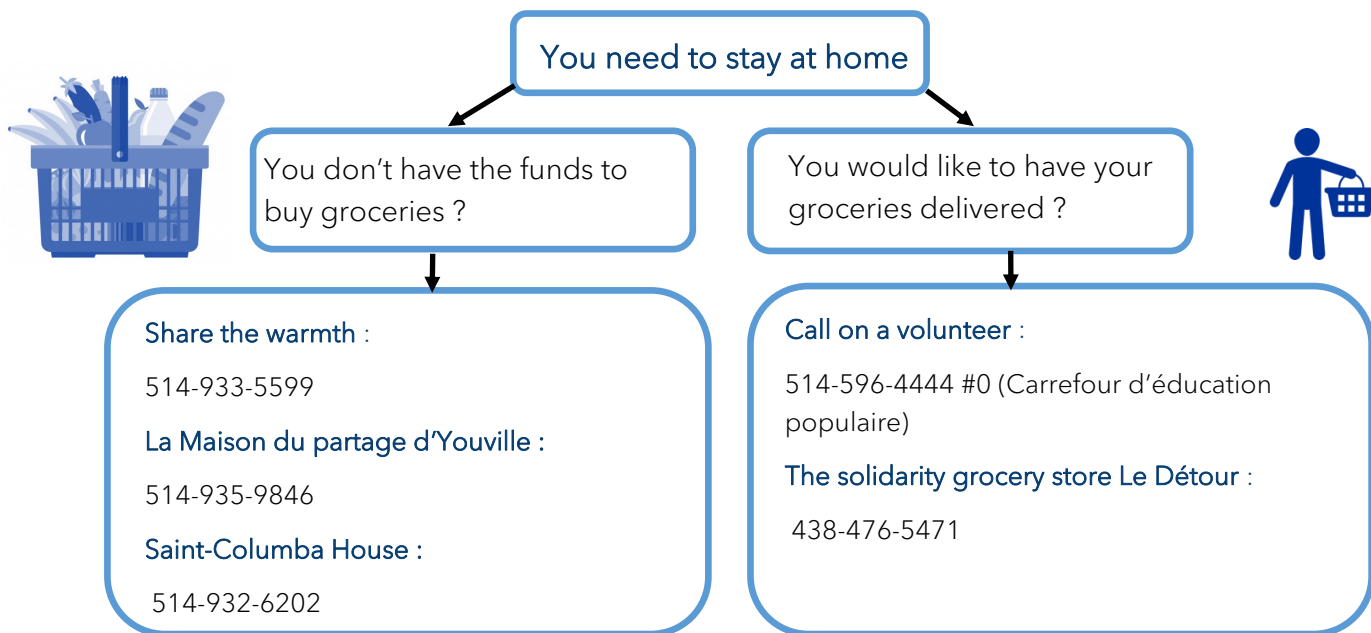
- Wash your hands often for 20 seconds with soap and water.
- Avoid touching your face.
- Cover your mouth and nose with the crook of your elbow when you cough.
- Immediately throw away tissues after blowing your nose.
- Keep a distance of two metres (6 feet) away from other people.
- Stay at home.
- Do not go to the grocery store more than once a week and one person at a time.





# Where to find help in the neighbourhood ?

We invite you to reach out if you are worried or if you need help.



## You are stressed or afraid ?

Contact your social worker at the community clinic or call a social worker at the reception at 514-937-9251 #7248 (8am-4pm) or call Info-social at 811 (24/7).

## You have questions and you want to know the resources available in the neighbourhood ?

Contact the **community worker** :

Boutheïna Ayachi : 514-512-7422

Or the **street workers** :

Izabel : 514-606-6708 and Pépé : 514-943-5018

## Welfare : information and advocacy

Comité des personnes assistées sociales (CPAS) : 514-391-6025

or info@cpas-psc.ca

Welfare Rights Committee : 514-445-5321

Comité des sans-emploi (CSE) : 514-756-5382

Legal aide : Community legal clinic : 514-933-8432

or servjur@bellnet.ca

## Housing : advocacy for renters

Regroupement Information Logement (RIL) : 514-932-7742 #234

or info@rilpsc.org



## You might have symptoms ?

Call the covid-19 information hotline at :

514-644-4545