

# TOOLBOX

## Know the Symptoms of Covid-19



### Purpose

In these times we all need to do our part to reduce the spread of COVID-19 or Coronavirus. The following will explain how you can monitor your health status to identify whether or not you have contracted Coronavirus and if you are in a position where you may be in a position to spread and transmit the virus.

### Symptoms and Transmission

Symptoms of COVID-19 are likely to include fever (38°C or 100.4 F), cough, runny nose, severe fatigue, sneezing, vomiting, sore throat and difficulty or shortness of breathing.

### Exposure to COVID-19 can occur by:

- Breathing in droplets in the air that are generated when people cough or sneeze
- Close contact with other people (e.g. shaking hands or hugging)
- Touching contaminated surfaces and then touching the face, mouth, or food.

**COVID-19 can be transmitted even by people who are not displaying symptoms of the disease. People who may be infected with COVID-19 should not come to work. This includes people who:**

- Have symptoms of COVID-19
- Have travelled outside of Canada with then previous 14 days
- Have been exposed to someone with COVID-19
- Share a home with someone who has symptoms of COVID-19
- Share a home with someone who has been exposed to COVID-19

**\*\*If you exhibit any of these characteristics or have experienced these scenarios please contact your local health authority. In Saskatchewan, call 811 to discuss your situation in order to know how to proceed.**

Resource: BCCSA - [www.bccsa.ca](http://www.bccsa.ca)

### Contact Information

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