

Critical Illness, Preparation and Preventative Tips

How is COVID-19 most commonly spread?

- Respiratory droplets generated through coughing or sneezing.
- Close, prolonged personal contact such as touching or shaking hands.
- Touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Who is at higher risk of contracting COVID-19?

- Adults aged 65 or older.
- People with compromised immune systems from medical treatment, such as chemotherapy.
- People with underlying medical conditions, such as heart disease, chronic respiratory diseases, diabetes and cancer.

How can I prepare for the impacts caused by COVID-19?

Have Essential Supplies On-Hand

- Non-perishable, easy to prepare food.
- Specialized food relative to medical conditions (e.g. simple carbs to keep blood sugar steady for those with diabetes).
- Pet food.
- Toilet paper and tissue.
- Hygiene products (feminine hygiene, diapers, wipes).
- Soap, detergent, household cleaning products, garbage bags.

Fill Prescription Medications

- Refill your prescriptions now to ensure you are prepared if you become ill, and so you don't need to leave your home during the peak of the outbreak.
- Consider contacting your health care provider to renew your prescriptions ahead of time.
- If you can't get medications, consider ordering medications from reputable online pharmacies.
- Have over-the-counter medication and supplies to treat fevers and other symptoms.

Take Everyday Precautions

- Wash your hands with soap and water often, for at least 20 seconds, especially after coughing, sneezing, blowing your nose, or having been in a public place.
- Avoid touching surfaces in public places such as door handles, handrails, elevator buttons, and other high-traffic surfaces.
- Avoid touching your mouth, nose and eyes.
- Practice routine cleaning and disinfecting of frequently touched surfaces in your home and workspace (e.g. handles, light switches, faucets, toilets, desks, computers, phones).
- Avoid crowds and poorly ventilated spaces.
- Drink lots of water to avoid dehydration.
- Stay home when sick.

Make a Plan

- Speak with members of your family and household and determine the needs of each person.
- Talk to your neighbours about emergency planning and maintain contact with them for information and resources.
- Identify organizations in our community that can be contacted in the event that you need access to information, health care services, support and resources.
- Create an emergency contact list of family, friends, neighbours, health care providers, teachers, employers and community resources.

Who can I talk to if I have other concerns about COVID-19?

- Please contact Health Link at 811 or speak with your healthcare provider.
- Stay up-to-date with reputable sources including Alberta Health Services (AHS) and Centre for Disease Control and Prevention (CDC).