



# Helping you prepare for COVID-19

March 10, 2020

## Symptoms of COVID-19

- Fever
- Coughing
- Difficulty Breathing

## Precautions

- Wash hands often with soapy water for at least 20 seconds
- Avoid touching your face
- Cover cough or sneeze with a tissue and then throw it away (if you don't have a tissue, use your sleeve not your hand)
- Avoid close contact with people who are sick

## Prepare for self-isolation

- Have two weeks' supplies on hand if you need to self-isolate
- Consider calling family or friends to shop for you
- Know what delivery service is available for food or medications

GVHS has increased the cleaning and disinfecting of common areas in the building. Each tenant is responsible for the cleaning and disinfecting within their own unit and the preparations for a potential self-isolation period.

Please note the only official source of testing is done free through the local Health Authority if required. Companies offering to test for a fee may not be valid or accurate.

**If you have questions, please call your family doctor, a local clinic or 8-1-1 HealthLink.**