

Coronavirus 19 Disease - Fact Sheet

What is Coronavirus 19 Disease (COVID-19)?

COVID-19 is a contagious illness caused by a virus. It affects the nose, throat, and lungs. Some people feel like they have a cold, and others can get very sick. Symptoms can start 2 to 14 days after you are exposed. You can spread the virus even before you feel sick.

How does COVID-19 spread?

COVID-19 spreads easily from person to person from respiratory droplets. It can spread when someone coughs or sneezes near you, or if you touch surfaces with the virus on it and then touch your eyes, nose, or mouth. COVID-19 can live on surfaces like bed rails, doorknobs, tables, and medical equipment. Cleaning hands well helps stop the spread.

Understanding Isolation Precautions

If you have COVID-19, you will be placed on Droplet/Contact Precautions to protect others. This means you will stay in a private room; staff will wear a gown, gloves, a mask and eye protection. Visitors must check in with the nurse first, and everyone must clean their hands when entering and leaving your room. Isolation helps keep everyone safe.

How Does Haliburton Highlands Health Services (HHHS) Test for COVID-19?

A swab will be taken from your nose by a qualified health care provider. Peterborough Regional Health Centre lab will test the sample for COVID-19. If tests are positive, you will stay on isolation for at least 10 days from the start of your illness. When it is safe, isolation will be stopped.

How Can You Help?

You can help by:

- Regularly washing your hands
- Reminding your visitors to wash their hands and wear a gown, gloves, mask and eye protection when visiting
- Following staff instructions
- Patients may be asked to remain in their room to help prevent the spread of infection. If it is necessary to leave the room for tests or procedures, a mask shall be worn. Family members and caregivers can help support these precautions to keep everyone safe.

Remember:

Having COVID-19 means you can spread it to others.
HHHS uses extra precautions to prevent spread and protect others.