



There are many types of human coronaviruses however COVID-19 is a new disease, caused by a novel (or new) coronavirus.¹

COVID-19 can be more serious for those with chronic medical conditions.

Down syndrome and COVID-19

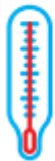
- Ensure the entire family is frequently washing hands with soap & water
- Keep a distance from those who are sick
- Be cautious with elderly friends and relatives

You may be at a slightly increased risk, specifically if your child has a history of:

- Congenital heart disease
- A tracheostomy
- Lung disease



What are the symptoms of this Coronavirus?



- Fever
 - Cough
 - Shortness of breath, or difficulty breathing
- *Symptoms may appear 2-14 days after exposure

Get help over the phone 24/7



Telehealth Ontario

Get fast, free, general medical advice:
 Toll-free: 1-866-797-0000
 Toll-free TTY: 1-866-797-0007

How does COVID-19 spread?



COVID-19 is spread mainly from person-to-person*

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

*It may be possible that one can get COVID-19 by touching infected surfaces

How to prevent COVID-19

- Avoid touching your eyes, nose and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue and dispose of tissue immediately
- Clean and disinfect frequently touched objects and surfaces
- Avoid public areas and public transportation
- Avoid sharing personal household items: glasses, bedding, utensils and towels

WASH YOUR HANDS!



- Wash your hands often with soap and water for at least 20 seconds
- Wash especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing
- If soap is not available, use an alcohol based hand sanitizer with at least 60% alcohol

FACEMASKS



- A facemask will not protect from respiratory diseases
- Facemasks should only be used by people who show symptoms of COVID-19 to help prevent the spread of the disease

*fact sheet format shared from www.ndss.org/covid-19-fact-sheet

*telehealth information www.ontario.ca/page/health-care-ontario