

# NOTICE TO GAMBLER MEMBERS

## COVID-19:

### Know the Basics to protect ourselves & others

### **COVER YOUR FACE IN PUBLIC & WASH YOUR HANDS FREQUENTLY**

#### **What is the coronavirus that causes COVID-19**

The name comes from the crownlike spikes the virus has on its surface — "corona" is Latin for "crown." Common human coronaviruses cause mild to severe upper respiratory symptoms, including the common cold, while more severe types can cause pneumonia and death.

However, this particular virus, officially known as SARS-CoV-2, is only the third strain of coronavirus known to frequently cause severe symptoms in humans. The other two strains cause Middle East respiratory syndrome and severe acute respiratory syndrome.

COVID-19 is be particularly dangerous for individuals with pre-existent health conditions, in particular individuals with immune system deficiencies, including diabetes.

#### **What are the symptoms?**

The primary symptoms of COVID-19 are fever, cough and shortness of breath. Some people also experience fatigue, headaches and, less frequently, diarrhea. Cases can range from mild to moderate to severe. About 80% of cases so far seem to be mild, according to the World Health Organization. HOWEVER, THIS IS NOT TRUE FOR FIRST NATIONS, as population with diabetes and others health conditions weakening the immune system are much more at risk of having complications & dying from this disease.

#### **What to do to Prevent COVID-19 from spreading**

To prevent the coronavirus from spreading, Health authorities from around the world have been recommending social distancing as much as possible; washing hands a lot with soap and water for at least 20 seconds or using a hand sanitizer if soap and water aren't available.

People should also wear face masks, even if home-made, when they go out in public. This will NOT protect people from getting the virus. However, wearing a mask will strongly contribute to avoid contaminating others with air droplets.

### **How do I protect my home from been contaminated?**

Wash your hands as soon as you walk through the door. Avoid sharing personal items such as dishes, cups and utensils and cell phones. Clean and disinfect "high-touch" surfaces like door handles and cellphones at the minimum every day.

### **How does the coronavirus spread?**

The virus spreads primarily through respiratory air droplets that are dispersed when an infected person breath, coughs or sneezes. Those droplets can land in the mouth, ears, nose and eyes of someone nearby and possibly infect that person. Consequently, the virus is thought to spread mainly between people who are in close proximity to one another: within about 6 feet or 2 meters. However, the air droplets can also land on unanimated surfaces and survive for an unknown number of days.

This is why we ask people to practice “social distancing” and to stay at home as much as possible.

### **Can I get COVID-19 by touching unanimated surfaces contaminated by the virus?**

According to the World Health Organization & world health experts it is possible for people to become infected by touching a surface or object that has the virus on it and then touching their own mouth, nose, eyes or hears. This is why people are asked to stay home as much as possible in order to slow down the pandemic and go back to normal life sooner.

### **What does social distancing and isolation mean?**

Social distancing & isolation mean we should all stay at home with our family as much as possible.

### **What should I do if I think I am sick?**

Call the [Manitoba Contact Health Links](#) at 204-788-8200 or 1-888-315-9257 (toll-free) if you're experiencing symptoms of the COVID-19 coronavirus. Nurses will answer questions and guide you. It's important that you don't expose others. If you intend to go to hospital, Manitoba Health asked all citizens to call the hospital reception ahead of time for the staff to can take necessary precautions and prepare an isolation room before your arrival. It is also important that your inform the band office should you test positive by calling at : 1-204-532-2192.