



Interior Lumbermen's Benefit Group

COVID-19: Frequently Asked Questions

What is COVID -19?

Coronaviruses are a large family of viruses that can cause diseases ranging from the common cold to more severe diseases, such as Severe Acute Respiratory Syndrome (SARS). Some transmit easily from person to person, while others do not.

COVID-19 is a new disease that has not been previously identified in humans. It was first reports in China on December 31, 2019, and has since spread, infecting many people worldwide

What are the symptoms?

Common symptoms of COVID-19 include:

- Fever
- Cough
- Difficulty breathing
- Pneumonia in both lungs

What is the risk to Canadians, specifically British Columbians?

The Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for Canada but this could change rapidly. There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

What is the current situation in Canada?

As of March 13, there are 152 confirmed COVID-19 cases in Canada of these confirmed cases:

- 53% of ill individuals are female
- 67% of ill individuals are over the age of 40
- 13% of ill individuals have been hospitalized
- 1 person has died of COVID-19
- 80% of ill individuals are travelers and 12% are close contacts of those travelers

Is there a vaccine for COVID-19

No, there is currently no vaccine to protect against COVID-19.



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What is the treatment for COVID-19

For now, there is no specific treatment for most people with COVID-19. Most people with common coronavirus illness will recover on their own. At this time, there is no vaccine for COVID-19. Your health care provider may recommend steps you can take to relieve symptoms.

The Public Health Agency of Canada recommends that you consult your health care provider as soon as possible if:

- You are concerned about your symptoms; **or**
- You have a travel history to a region where severe coronaviruses are known to occur.

The sooner you consult your health care provider, the better your chances are for recovery.

What is the incubation period?

Symptoms may present themselves up to 14 days after exposure to the virus.

How does COVID-19 spread?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- Respiratory droplets that are spread when you cough or sneeze
- Close 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.

We encourage all members to stay informed by checking the below sites regularly:

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- <http://www.bccdc.ca/>

If you need more information or wish to speak to a health care provider in B.C. call toll free 8-1-1