



## 2019 Novel Coronavirus Infection Outbreak update

Public health officials in Newfoundland and Labrador, in conjunction with Public Health Agency of Canada officials and other provincial and territorial public health officials, have been closely monitoring novel coronavirus.

At this time, **assessment of overall public health risk to Canadians remains low.**

Anyone who has been in Hubei province, China or Iran in the 14 days prior to their return to Canada is being asked to self-isolate (away from work and school) and monitor themselves and their children closely. The self-isolation period is 14 days from their last day in Hubei province of China or Iran. Those in self-isolation should contact 811 to receive supporting health information from Newfoundland and Labrador Public Health.

People who have travelled to affected areas in the 14 days prior to their return to Canada are asked to closely monitor their health and contact 811 if you develop fever, cough, or difficulty breathing. For more information on a list of affected areas, visit: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html>

These timelines apply to those newly arrived in Canada and those who have already returned. Anyone who meets either of the above criteria who develops a fever, cough or difficulty breathing should call 811 to receive further information.

Newfoundland and Labrador public health officials are working closely with their colleagues across Canada to make sure cases of coronavirus are quickly identified and managed.

### Confirmed COVID-19 cases

Currently there are no confirmed cases of the novel coronavirus in NL.

For the most up-to-date information related to confirmed cases in our province and/or across the country, please visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

### Signs and Symptoms

If you have traveled to the Hubei Province in China or Iran, or have been in contact with a confirmed case of COVID-19, or someone that is ill and has traveled to Hubei Province of China or Iran within the last 14 days, it is important to monitor for the following symptoms:

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

### Treatment

- There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illness will recover on their own.
- If symptoms feel worse than a standard cold, see your health care practitioner. They can relieve symptoms by prescribing medication for pain and/or fever.

### How to Protect Yourself

Everyone has a role to play in reducing the spread of disease, including coronaviruses. Actions that can be taken to stay healthy include:

- Washing your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer in the absence of soap and water.
- Avoiding contact with people who are sick
- Practising proper cough and sneeze etiquette. Cover your mouth and nose with your arm when coughing and sneezing and immediately dispose of used tissues in the trash.
- Staying at home if you are sick
- Frequent cleaning and disinfecting of high-touch areas such as toilets, bedside tables and door handles with diluted bleach or a regular household cleaner.

If you are travelling to an area known to have cases of coronavirus, be sure to avoid:

- High-risk areas such as farms, live animal markets and areas where animals may be slaughtered
- Contact with animals (alive or dead), including pigs, chickens, ducks and wild birds
- Surfaces with animal droppings or secretions on them

If you have traveled to Hubei province in China or Iran, or have been in contact with a suspect or confirmed case of COVID-19 and have symptoms mentioned above, you may be at risk.

- Avoid contact with others and follow-up with your health care provider or call the NL Healthline at 811.

Tell your health care provider:

- Your symptoms and when they started
- Where you have been travelling
- Where you live and if you live alone or with others
- If you have had close contact with a sick person, especially if they have had fever, cough or difficulty breathing

For more information on how to be prepared for coronavirus, visit: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

### Information for Travelers

The Public Health Agency of Canada (PHAC) has issued a Travel Health Notice for individuals travelling to and returning from affected areas. PHAC is **recommending that Canadians avoid all cruise ship travel** due to the ongoing COVID-19 outbreak.

For the latest information related to travel advice, please visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

### Information for Health Care Professionals

<https://www.health.gov.nl.ca/health/publichealth/cdc/coronavirus/healthcareprofessionals/>

### For more information related to the novel coronavirus:

Novel Coronavirus Frequently Asked Questions:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html>

Novel Coronavirus Information Sheet

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

World Health Organization:

<https://www.who.int/>

811 HealthLine:

<https://www.811healthline.ca/>

[Coronavirus Information for Employers](#) (439 KB)

[Coronavirus Information for Schools and Daycares](#) (402 KB)

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