# 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 (COVID-19).

Newfoundland and Labrador public health officials are working closely with their colleagues across Canada to make sure cases of COVID-19 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

Symptoms of COVID-19 include:

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

The severity can range from mild to severe. Current information suggests that most cases are not severe nor do they require hospitalization.

## When to Seek help

Individuals who have travelled outside of the country or attended a mass gathering event with international attendees in the 14 days prior to their return to Newfoundland and Labrador are asked to closely monitor their health and contact 811 if you develop fever, cough, or difficulty breathing.

Anyone who has been to the **Hubei province of China, Iran, or Italy,** or has been in close contact with a confirmed case of COVID-19 or someone that is ill and has travelled to these areas, are asked to self-isolate (away from work and school) for 14 days from their last day in the region or their last contact with the affected person. They are asked to monitor themselves and their household contacts closely. Those in self-isolation should contact 811 to receive supporting health information from Newfoundland and Labrador Public Health.

These timelines apply to those newly arrived in the province 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.

The Public Health Agency of Canada has identified affected areas of particular concern. 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

## 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

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/

Notifiable Disease Notification Form (749 KB)

## 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)

Coronavirus Information For First Responders - Feb 28 2020 (445 KB)

COVID-19 - How to self-isolate (529 KB)

COVID-19 - Self-isolation: Guide for caregivers, household members and close contacts (561 KB)

This page and all contents are copyright, Government of Newfoundland and Labrador, all rights reserved.