

What You Need to Know

- Coronavirus disease 2019 (COVID-19) is a respiratory illness first identified in China which has since spread throughout the world. As of March 12, 2020, there have been over 130,000 cases so far with 5000 deaths in over 100 countries.
- The World Health Organization officially called this a 'pandemic' on March 11, 2020, given the extent of spread, not the severity of illness associated with this viral infection.
- We expect there will be more cases and deaths in the coming weeks. Being prepared and taking appropriate action can help reduce the risk.
- Act based on facts from credible sources, not out of fear or emotion. Listen to the advice given by your local or regional public health body. We will get through this Inshallah if we all work together.
- There are some early reassuring signs from China and South Korea, where the rate of spread is slowing down based on public health actions they have taken.
- Canada has the benefit of having watched this infection closely over the last several months, learning from other countries with outbreaks, and measures implemented following our previous experiences with SARS. We have done a good job of identifying and managing suspected and confirmed cases and controlling spread from returning travellers thus far, however we recognize the infection's ability to spread quickly and overload any health system.
- This infection spreads when someone comes in contact with respiratory droplets that contain the virus, such as when someone around them (within 2 metres) coughs or sneezes.
- Most people infected will be recover fully and will only experience mild cold or flu-like symptoms, such as cough, fever, runny nose, or shortness of breath. Over 70,000 people have already recovered from the virus. You can develop symptoms for upto 14 days after being infected.
- The risk of dying is between 2% and 3% if you are infected. However, certain groups are at higher risk for having severe disease or dying including seniors over the age of 60 or 70 years, patients with chronic medical conditions including heart disease, lung disease, diabetes or a weakened immune system, and frontline healthcare workers.
- This is not a hoax and conspiracy theories are not only baseless, but are unhelpful. There is no place for racism or xenophobia in Islam.

What Can You Do?

- **Stay informed** - visit reliable websites for regularly updated information (on the back)
- **Clean your hands** regularly throughout the day using soap and water, or alternatively a hand sanitizer (containing at least 60% alcohol) for at least 20 seconds. Many people do not clean their hands at all and most do not do this properly. Do this every time before performing Wudhoo.



1 Wet your hands with clean, running water. Turn off the tap and apply soap.

2 Lather your hands by rubbing them together with soap, including the backs of your hands, between fingers and under your nails.

3 Scrub your hands for at least 20 seconds. Count this out using "1 Mississippi, 2 Mississippi, ..." and so on until 20.

4 Rinse your hands well under clean, running water.

5 Dry your hands using a clean towel or air dry them.

- **Avoid touching your face** including your eyes, nose and mouth with your hands.
- **Stay at home if you are sick** and do not infect other people.
- **Cover your mouth and nose** if you are coughing or sneezing with your elbow or with a tissue or napkin, and throw it away immediately.
- **Clean and disinfect** furniture and surfaces regularly.
- **Social distancing** - try to maintain a distance of 2 metres (6 feet) from sick persons if possible, avoid crowded places (including large public gatherings), handshakes, hugs and kisses.
- **Plan and prepare** for alternative work and school arrangements.
- **Masks** - The average, healthy person does not need to wear a mask. Masks are reserved for people with symptoms or healthcare professionals. Special masks worn in healthcare settings are to protect healthcare workers who have undergone proper testing to ensure it fits properly. People stealing masks is causing supply shortages and putting healthcare workers' lives at risk.
- **Avoid all non-essential travel.** Follow your regional travel restrictions and advisories (see below).
- **You do not need to hoard food or other household items.** This is not the time to be selfish, but rather to ensure we all have equal access to these resources in a regulated manner that avoids empty shelves. Your health depends on the health, hygiene and safety of everyone around you.
- **Prescription medications** - make sure you have enough for a 1 or 2 month supply.
- **Check up** on and support your friends, family and neighbours regularly.
- **Eat** healthy, keep up with fluids, sleep and rest.
- **Quit smoking** - it weakens your immune system and makes it harder to fight infections.

If You Think You Have Symptoms Which May Be Compatible with COVID-19

- Contact **Telehealth Ontario** at **1-866-797-0000**, your primary care provider or your local public health unit (below)
- Avoid public places including workplaces, schools, grocery stores, shopping malls and public transportation.

Where Can You Find More Information?

Public Health Ontario Fact Sheets in different languages - <http://bit.ly/phocovid>

- How to Self Monitor
- How to Self Isolate
- Self-Isolation Guidelines for Caregivers and Close Contacts
- Cleaning and Disinfection Recommendations for Public Settings

Find your local public health body - <https://www.phdapps.health.gov.on.ca/phulocator/>

Public Health Ontario - <https://www.publichealthontario.ca/>

Telehealth Ontario - 1 866-797-0000

Ontario Ministry of Health Information Fact Sheets in many languages including Arabic, Bengali, Farsi and Urdu - <https://www.ontario.ca/page/2019-novel-coronavirus#section-11>

Public Health Agency of Canada - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Govt of Canada COVID-19 Travel Advice- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

World Health Organization - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

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