



Town of Asquith Emergency Measures Organization

With the continuing Coronavirus health emergency, the Town of Asquith EMO has compiled some information regarding COVID-19 for the community.

For the most up to date health information regarding COVID-19, including measures you can take, please visit www.saskatchewan.ca/covid19 or call the Healthline at 811

The World Health Organization (WHO) declared Coronavirus (COVID-19) to be a pandemic because of the continued spread of new cases around the world.

A flu pandemic is a global outbreak of the flu. A flu pandemic occurs when a new influenza virus, for which there is little or no immunity in the human population, emerges and begins to cause serious illness, then spreads easily and quickly from person to person.

Symptoms of COVID-19

Those who are infected with COVID-19 may have little to no symptoms; the symptoms of COVID-19 are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure.

Take precautions if you become ill as a result of travelling or returning from an affected area and have the following symptoms:

- Chills, shivering and a fever
- Muscle aches and pains
- Sore throat
- Dry cough
- Trouble breathing

- Sneezing
- Stuffy or runny nose
- Tiredness

If you are experiencing any of the listed symptoms, you are encouraged to call the Healthline at 811 or visit www.saskatchewan.ca/covid19

Hygiene

Proper hygiene can help reduce the risk of infection or spread of infection

- Wash your hands with soap and water for at least 20 seconds
- Use alcohol-based sanitizer if soap and water are not available
- Cough or sneeze into a tissue or the bend of your arm
- Avoid touching your eyes, nose or mouth

Social Distancing

Social distancing measures are a way to minimize COVID-19 transmission in the community. This means minimizing close contact with others and avoiding crowds during the peak of an outbreak.

Preventative Measures

You can help minimize the spread of COVID-19 by:

- Increased cleaning of high touch surfaces in your home such as countertops, door knobs, railings, TV remotes, etc
- Practicing proper coughing and sneezing etiquette, social distancing and self-isolating when required.

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