

STRONG THROUGH SUMMER!

DID YOU KNOW?

OVER 80% OF PEOPLE WITH COVID-19 HAVE MILD SYMPTOMS LIKE HEADACHE, FEVER, COUGH, SORE THROAT AND RUNNY NOSE. THEY DO NOT NEED HOSPITAL TREATMENT, AND RECOVER ON THEIR OWN.

SOME PEOPLE ARE AT HIGHER RISK OF SEVERE ILLNESS WHICH REQUIRES HOSPITALIZATION. THIS INCLUDES OLDER PEOPLE AND PEOPLE WITH:

- CHRONIC LUNG DISEASE
- HEART CONDITIONS
- IMMUNOCOMPROMISE (INCLUDING HIV AND SMOKING)
- SEVERE OBESITY
- DIABETES
- CHRONIC KIDNEY DISEASE UNDERGOING DIALYSIS
- LIVER DISEASE

MANY OF THE CONDITIONS LISTED ABOVE ARE MODIFIABLE, AND CAN BE ADDRESSED BY:

- SEEING YOUR DOCTOR REGULARLY, AND STAYING UP TO DATE WITH SCREENING FOR DIABETES, HEART DISEASE, AND CANCER
- USING TOBACCO RESPECTFULLY
- STAYING ACTIVE AND EATING WELL
- STAYING UP TO DATE WITH IMMUNIZATIONS

TAKE THE LEAD IN YOUR HEALTH AND WELLNESS!

CONNECT WITH YOUR COMMUNITY NURSE OR
HEALTH UNIT TO LEARN MORE!