**Coronavirus disease (COVID-19): Care instructions**

### Overview

COVID-19 (Coronavirus disease) is a respiratory illness caused by a virus. It can be spread through the air when an infected person coughs or sneezes. The virus then enters another person through the mouth or nose. COVID-19 can cause mild to severe illness, but for some people, especially older adults and people with existing health problems, it can cause more severe illness or death.

#### Symptoms

- Fever
- Cough
- Difficulty breathing
- Fatigue

#### Steps to Take

1. **Stay home** if you are sick.
2. **Wash your hands** often with soap and water for at least 20 seconds.
3. **Cover your mouth and nose** when you cough or sneeze.
4. **Practice physical distancing** (6 feet apart).
5. **Avoid large gatherings**.

If you have been exposed to someone with COVID-19, monitor yourself for symptoms and practice physical distancing.

#### Additional Information

- Visit [ahs.ca/results](https://ahs.ca/results) to check your test results.
- For more information, visit [Punjabi.ca](https://Punjabi.ca).
Is there medicine for COVID-19? 

How does it spread?

How is it diagnosed?

Is there medicine for COVID-19?

Punjabi (India)
Alberta Health, Evushield (Evushield) COVID-19 are injectable drugs.

COVID-19 can cause COVID-19 symptoms, but not all patients have symptoms. COVID-19 can cause COVID-19 symptoms, but not all patients have symptoms.

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When should I call for help?

- Call 911 (in Canada) or 811 (in Alberta) if you or someone else has:
  - Shortness of breath
  - Chest pain or pressure
  - Changes in vision
  - Trouble breathing or speaking
  - Uncontrollable bleeding
  - Confusion or difficulty with speaking

If you or someone else needs medical help, call Alberta Health Services at 811 or go to the nearest emergency department.

Remember to wash your hands frequently and wear a mask when out in public.

AlbertaFindADoctor.ca

COVID-19

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ਆਪਣੇ ਡਾਕਟਰ ਜਾਂ Health Link ਨੰ 811 'ਤੇ ਘੇਰ ਘੇਰ ਤੱਕ ਕਰ ਜਾਂ ਤੱਕ ਰੁੰਤ ਡਾਕਟਰੀ ਦੇਖਭਾਲ ਲੋ ਜੇ:

- ਤਿਤਾਨੂੰ ਨਵੀਨਾਂ ਜਾਂ ਦਿਤਰਾਂ ਰਿੂਕਾ ਬਾਂਚ ਕਲਤਾ ਜਾਂ ਤੀਵਰ ਪੁਰਾਣ ਦੇ ਹਿੱਚ ਉਰਸ਼ਿੰਦ ਤੇ।
- ਉਤਾਨੇ ਸੰਦੁੱਤ ਦਿਤਾਂ ਤੇ ਤੂਤਾ।
- ਉੱਸਮੀ ਹਿੱਚਤੇ ਤੇ ਮੁੱਖ ਬਾਂਚ ਦਿਤਾਂ ਦੇ ਕਲਤਾ ਜਾਂ ਤੀਵਰ ਪੁਰਾਣ ਨਥੀ ਜਾਂ
- ਉਤਾਨੇ ਦੀਣ ਬਾਂਚ ਲੇਣ ਦੀ ਹੀ ਵਿਚਕਾਰ ਹੀ ਤੀਵਰ ਸੱਨ ਤੇ।

ਪ੍ਰਸਤੁਤਾਂ

ਇਹ ਮੂੱਂਿੋਂ ਸਾਦੀ ਸੰਦੁੱਤ ਦੇ ਸਕੂਲ ਦੇ ਵਾਂਚ ਵਰਤੀ ਵਰਤੀ ਕੀਤੀ ਜਾਂਦੀ ਹੈ।

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24/7 ਤਰਾਂ ਦੀ ਸ਼ਾਹਵੀ ਅਧਾਰ ਵਿਚ ਸਾਰਾ ਅਭਿਆਸ ਸਟੇਟਵਾਅਂ ਲਈ Health Link ਨੰ 811 'ਤੇ ਵਾਂਚ ਵਰਤੀ।

ਲਖਿਆ ਦੋਹਾਂ ਵਾਂਚ ਅਧਾਰਾਂ: 31 ਮਈ, 2022

ਹੋਚ: Healthwise ਦੀ ਸਵੀੰਦਰਾਂ