



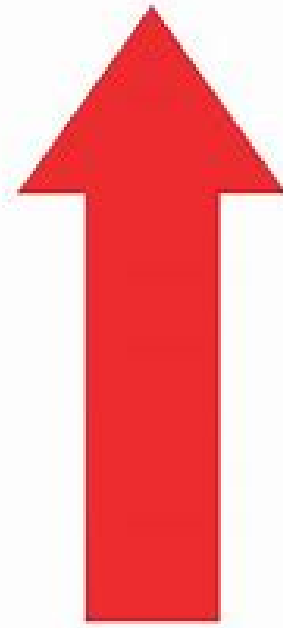
Second Wave of Covid-19?

What Now?

What does a second wave mean?

A second wave means:

❖ *the number of people who are getting covid-19 is increasing*



Fever



Cough



Trouble breathing



**THERE ARE
STRICTER
GUIDELINES FOR
THE COMMUNITY
BECAUSE OF THE
SECOND WAVE**

STRICTER GUIDELINES FOR TORONTO MEANS:

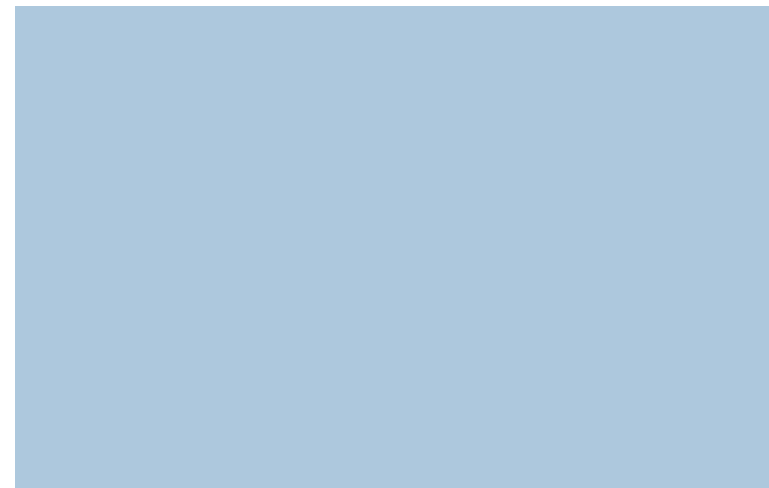
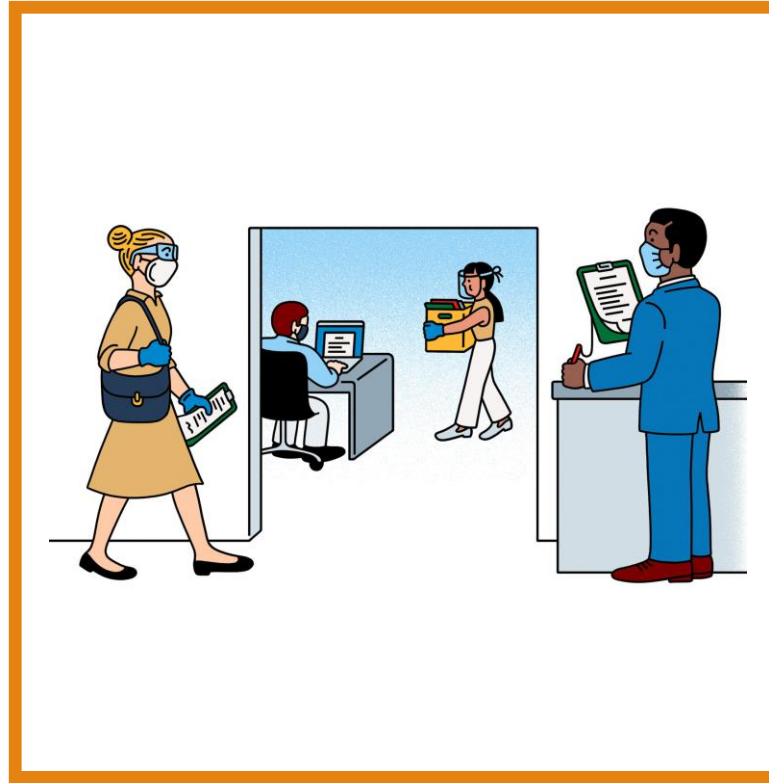
- ✓ **ONLY** have close contact with those in your immediate household
 - ✓ No indoor dining at restaurants including mall food courts
 - ✓ Indoor gatherings limited to 10 people and 25 people for outdoor event/spaces
 - ✓ Mandatory to wear a mask in all common indoor areas including TTC
- Only go out if it's necessary*



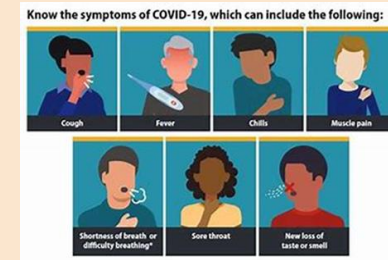
KEEP CALM
and
STAY HOME

Can I still go to school or work?

YES, I CAN GO TO SCHOOL OR WORK IF I FEEL GOOD AND AM NOT EXPERIENCING ANY SYMPTOMS



If I have symptoms or feel sick.....
















































I WILL STAY HOME

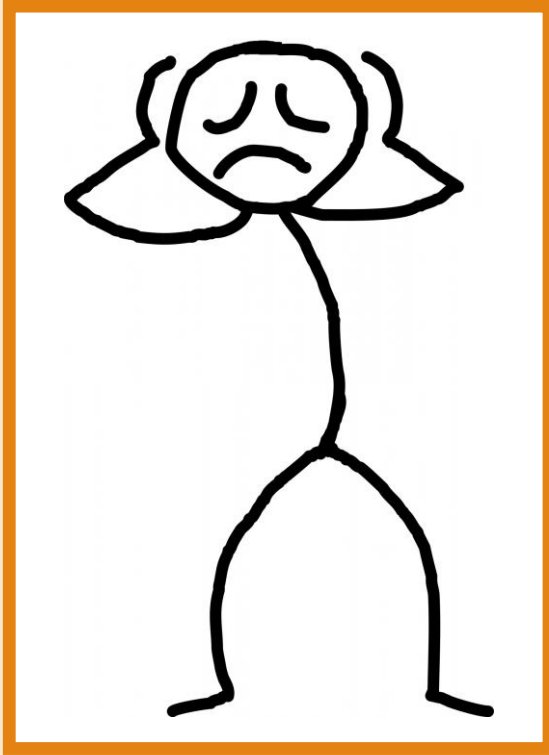
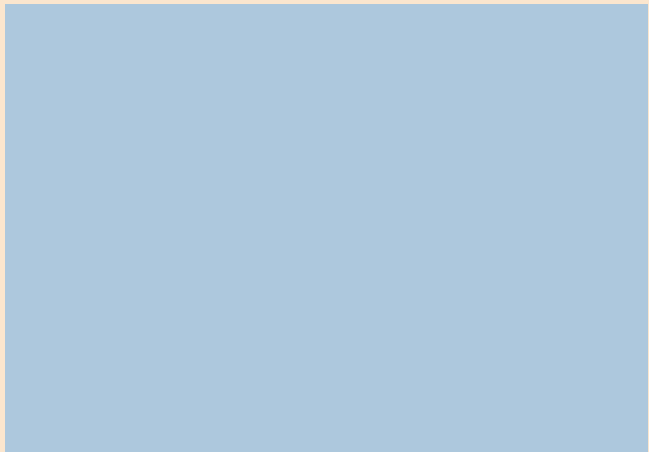
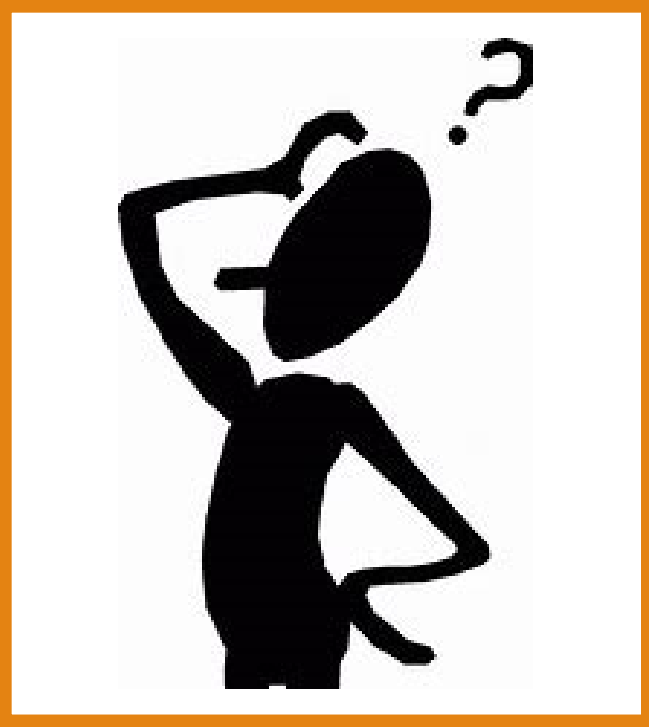


**UNTIL ALL MY SYMPTOMS ARE GONE
AND I FEEL BETTER**



	 DRY COUGH	 FEVER	 RUNNY NOSE	 SORE THROAT	 BREATH- LESSNESS	 HEADACHE	 BODY ACHES	 SNEEZE	 FATIGUE	 DIARRHOEA
COVID -19										
FLU										
COLD										
	 FREQUENTLY	 SOMETIMES	 LITTLE	 RARE	 NOT					

What's the Difference Between a Cold, the Flu and Covid-19?



**Not knowing what's
going to happen next,
can cause anxiety...**

WHAT WE KNOW VS. WHAT WE DON'T KNOW

CERTAINTY (WHAT WE KNOW)

- ❖ Every crisis has a beginning and an end
- ❖ Not everyone will get sick
- ❖ There are more healthy people than sick people
- ❖ I can learn things at home
- ❖ Most people are supportive and help each other



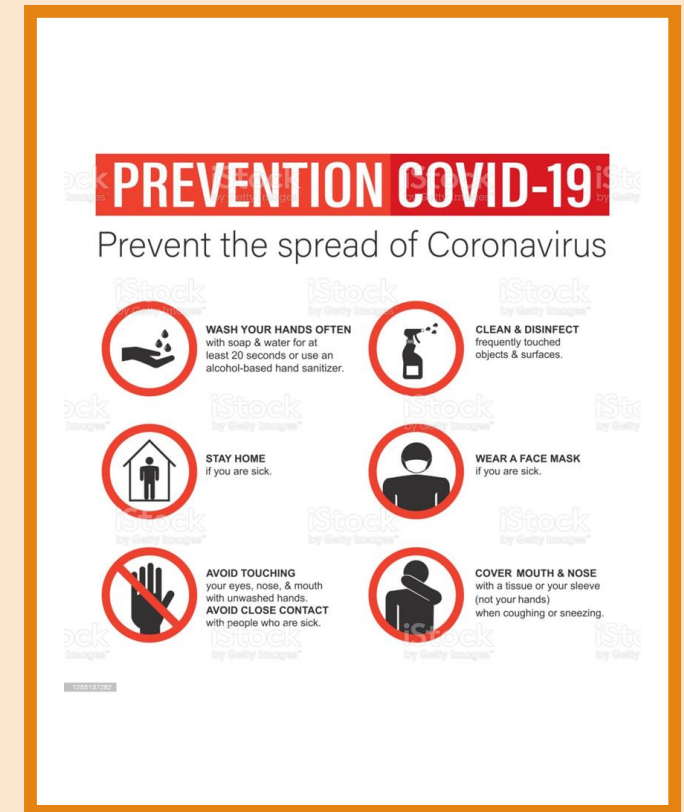
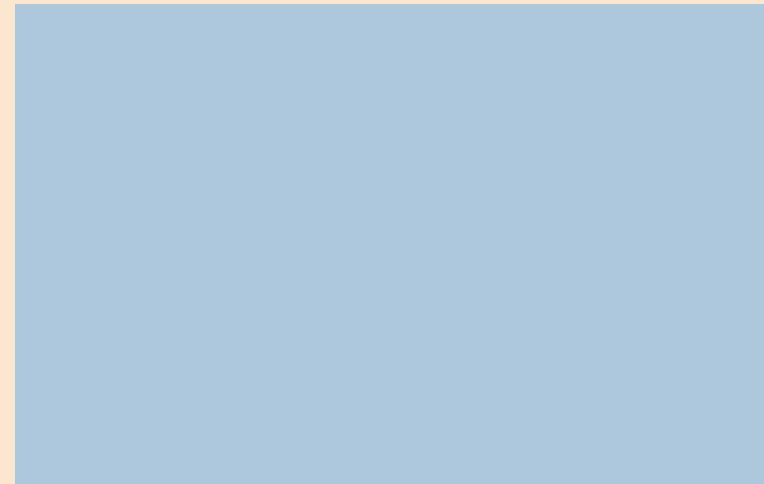
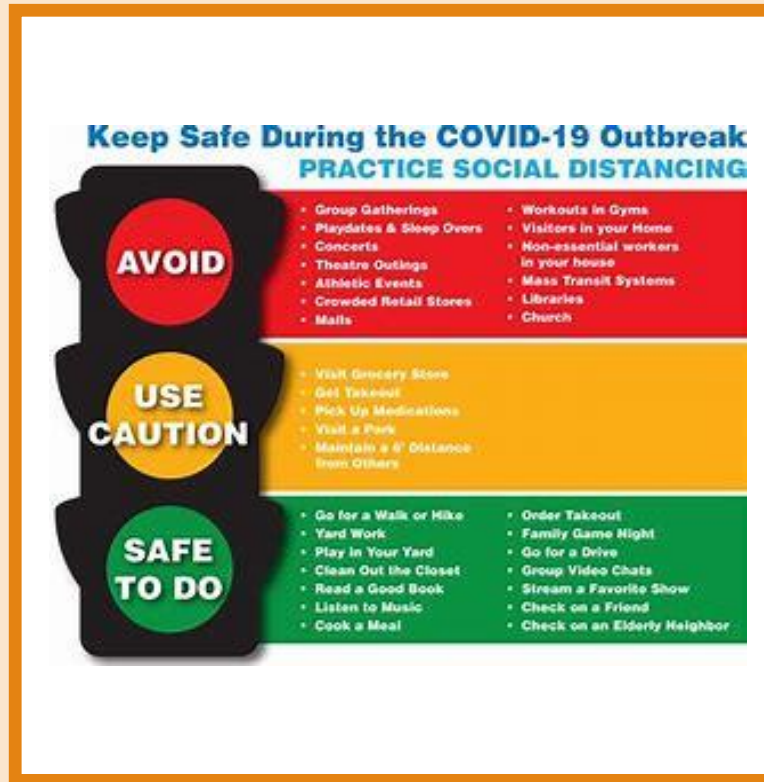
UNCERTAINTY (WHAT WE DON'T KNOW)

- ❖ What will I be allowed to do next week?
- ❖ Will I get infected as well?
- ❖ When will covid-19 end?



HOW CAN I HELP STOP THE SPREAD OF COVID-19?

***CONTINUE PRACTICING
GOOD HAND HYGIENE***



AND...

**DON'T FORGET
TO**

