

ABOUT OMICRON

What we know about Omicron

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We don't yet know how easily it spreads, the severity of illness it causes, or how well available vaccines and medications work against it.

Spread

The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

Severe Illness

More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

Vaccines

Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.

Treatment

Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.


STAY INFORMED

- Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- If the news media is making you feel anxious, take a break from it.

I GOT
MY COVID-19
VACCINE!



For More Information:

 1-833-784-4397

 [canada.ca/coronavirus](https://www.canada.ca/coronavirus)

CAN VACCINE PROJECT



Islamic Foundation of Toronto and Social Services Network Collaborative



Funded by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

ABOUT CORONAVIRUS DISEASE (COVID-19)

What it is

COVID-19 is an illness caused by a coronavirus.

Coronaviruses are a large family of viruses. Some can infect animals, and some can infect humans. COVID-19 is a new disease caused by the coronavirus (SARS-CoV-2)

Those who are infected with COVID-19 may have little to no symptoms. Symptoms of COVID-19 are often similar to other illnesses.

Spread

Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets from a cough or sneeze.
- Close personal contact like touching/shaking hands.
- Touching something with the virus on it, then touching eyes, nose or mouth.

These viruses are not known to spread through ventilation systems or through water.

Symptoms

Symptoms of COVID-19 can:

- Take up to 14 days to appear after exposure to the virus
- Be very mild or more serious
- Vary from person to person

If you have symptoms

- Stay home (isolate) — if you live with others, stay in a separate room or keep a 2-metre distance.
- Call ahead before you visit a health care Professional/local public health authority.
- If you need immediate medical attention, call 911.

Prevention

- Practice physical distancing at all times.
- Wear a non-medical mask or face covering (covers from nose to mouth).
- When coughing or sneezing: cover your mouth and nose with your arm or tissues to reduce the spread of germs.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces when possible.

BE PREPARED (COVID-19)

PLAN AHEAD

There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

MAKE A PLAN THAT INCLUDES:

- Essential supplies (a few weeks' worth) on hand so you will not need to leave your home if you become ill. Avoid panic buying. Renew and refill your prescription medications.
- Alternative arrangements in case you become ill or if you need to care for a sick family member. Have backup childcare in case you or your usual care provider become ill. Talk to your employer about working from home options.
- Reducing your exposure to crowded places through physical distancing if COVID-19 becomes common in your community. For example: Shop and use public transit during off-peak hours Exercise outdoors instead of in an indoor fitness club
- Communicate by sharing your plan with your family, friends and neighbours. Set up a buddy system to check in on each other by phone, email or text during times of need.