

Access Midwifery & Family Care

Serving Esquimalt, Western Communities and Victoria

March 23, 2020

Current Covid-19 Information

COVID 19 or COVID 19 Investigations due to symptoms:

- Incubation of Covid-19 is 1-14 days but mostly 3-7 days (average 5 days)
- You can contract it from asymptomatic carriers.

To review: Symptoms of COVID 19

- Most will get a mild respiratory illness
- *89% fever, 68% cough; 38% fatigue; 34% sputum production (thick mucous when coughing); 19% shortness of breath; 14% sore throat; 14% headache*
- Uncommonly, there will be diarrhea and vomiting
- Sore throat, runny nose, and muscle aches **are uncommon**, so it is not typical of the flu or a cold

If you have been asked to self-isolate due to contact with someone with COVID-19, or have the illness, contact your care provider immediately.

Provincial Covid-19 Symptoms Self-Assessment Website

This site is updated as recommendations from the BC Centre for Disease Control evolve.

<https://www.thrive.health/covid19>

Up to date information regarding COVID - 19

BC CDC

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

BC COVID-19 Provincial Support and Information

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>