

# COVID-19

## Information for Youth

COVID-19 is a new virus and spread mainly by coughing, sneezing or contact with people who are sick or surfaces they've recently touched. Youth can get this virus too. Here's what you need to know to help protect yourself and people around you from COVID-19.

### Symptoms

- Common symptoms of COVID-19 are:
  - **Fever**
  - **Cough**
  - **Shortness of breath/hard time breathing**
  - **Sore throat**
  - **Runny nose**
- Less common symptoms are: chills, painful swallowing, stuffy nose, headache, muscle/joint ache, generally feeling unwell, nausea, vomiting, diarrhea, loss of appetite, loss of sense of smell or taste, and pink eye.
- The list of symptoms may continue to change. Visit [ahs.ca/covid](https://ahs.ca/covid) for the most current list.
- If you have chest pain or a very hard time breathing, call **911** or ask someone to call for

### Stay in Touch

- Stay connected with others by phone or online even if you have to be physically apart.
- Talk to a staff member, or a youth, support or case worker to learn how COVID-19 may have changed resources and services in your community.
- If you feel sad, lonely, scared or anxious, reach out to someone for help:
  - Health Link **811**
  - Distress Centre **211**
  - Kids Help Phone **1-800-668-6868**
  - Mental Health Helpline **1-877-303 2642**

### Stay Healthy. Keep Others Healthy

- As much as possible, wash your hands often and well. Use warm water and soap for 20 seconds or use hand sanitizer if available.
- Avoid touching your face, nose or mouth with unwashed hands.
- Whenever you cough or sneeze, cover your mouth with a tissue, or use the inside of your elbow. Throw away used tissues and wash your hands.
- Avoid close contact with people who are sick.
- Avoid hanging out in groups. If you're in a group, keep at least 2 metres (6 feet) away from others.
- When you're sick, stay indoors and away from other people for 10 days or until you feel better, whichever is longer.

### If you have any symptoms, you can do any of the following:

- Tell a staff member, or a youth, support or case worker, **OR**
- Complete the [AHS COVID-19 Self-Assessment Tool](https://ahs.ca/covid) on [ahs.ca/covid](https://ahs.ca/covid), **OR**
- Call Health Link **811**.



Visit [ahs.ca/covid](https://ahs.ca/covid) for more information.