

# Coronavirus (COVID-19)

## Frequently Asked Questions

Last updated: March 17, 2020

### What is coronavirus (COVID-19)?

COVID-19 is a respiratory illness caused by a coronavirus that was first identified in China.

### What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath, but occasionally symptoms are more severe. Symptoms typically appear within two to 14 days after exposure.

### How is COVID-19 spread?

The virus is airborne and spreads from person to person through coughing and sneezing. You may be at greater risk if you have recently lived in or travelled to regions where there are current outbreaks or if you come into contact with someone who has the virus.

### How do I protect myself and my family?

Basic measures to stay healthy include washing your hands frequently, for at least 20 seconds, maintaining social distance, and avoid touching eyes, nose, and mouth. Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slightly runny nose, until you recover.

### What is the current risk in Canada?

The World Health Organization (WHO) reminds all countries and communities that the spread of this virus can be significantly slowed or even reversed through the implementation of robust containment and control activities.

### How severe is it?

Many cases seem to be mild. But the elderly and those with pre-existing conditions (like heart and lung diseases or diabetes) are especially vulnerable.

### What should I do if I think I have COVID-19?

Teladoc doctors can answer questions about the disease, evaluate your risk, and provide support by phone or video\* to help relieve symptoms for affected patients.

\*Telemedicine services are available only by videoconference in Quebec.

## Talk to a doctor 24/7

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