

ARE YOU AT HIGHER RISK FOR COVID-19?

Prevention starts with facts.

FACT #1

People aged 30-69 are the most likely to be infected with COVID-19

Would it surprise you that 53% of these cases are male and 30% are 60 and older?

With an incubation time of 2-14 days before showing symptoms, contagious people in this age group are out in the community spreading the infection without realizing it.

FACT #2

Travel isn't the most common way it is spread!

Did you know that about half of all COVID-19 cases were exposed in their community?

At this time, it's important to avoid social gatherings, book clubs, amenity spaces, and common areas in buildings and to practice safe social distancing to slow the spread of the disease.

FACT #3

So far, more than half of Canada's COVID-19 fatalities have been seniors*

Are you aware that COVID-19 is particularly dangerous for people over the age of 60?

Globally, the most severe cases, and the highest death rates, are among this generation.

Consider the health of your loved ones who are most vulnerable.

KEEP CALM

WASH YOUR HANDS OFTEN

PRACTICE SOCIAL DISTANCING

LIMIT THE RISK

Let's do the responsible thing.

Let's flatten that curve.



FOR DAILY UPDATES ON THESE STATISTICS, VISIT:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/epidemiological-summary-covid-19-cases.html>

*<https://www.cbc.ca/news/health/covid-19-nursing-home-elderly-1.5509915>