

The Public Health Agency of Canada is actively monitoring the situation regarding the novel coronavirus. The best way to protect yourself and your community is by preventing the spread of germs. Wash your hands often, cough and sneeze into your arm, throw out used tissues right away, clean and disinfect shared surfaces and avoid touching your eyes, nose or mouth. For more information about the novel coronavirus visit [Canada.ca/coronavirus](https://www.canada.ca/coronavirus) or call the Government of Canada's toll free line at 1-833-784-4397. A message from the Government of Canada.

- <https://www.sac-isc.gc.ca/eng/1583781906998/1583781926813>
 - [Blackfoot](#)
 - [Denesuline](#)
 - [Eastern Ojibwe](#)
 - [Innu aimun dialect](#)
 - [Inuktitut: North Baffin](#)
 - [Inuktitut: South Baffin](#)
 - [Michif](#)
 - [Mi'kmaq](#)
 - [Mohawk: Eastern dialect](#)
 - [Mohawk: Western dialect](#)
 - [Nunatsiavummiutut](#)
 - [Oji Cree dialect](#)
 - [Plains Cree](#)
 - [Swampy Cree](#)
 - [Western Ojibwe](#)
 - [Woods Cree](#)

Other links to consider:

- I'm including this one first because it the best article I have seen so far that really makes the spread of the virus understandable to anyone. It gets the point across just how easily viri spread, and how simple measures like social distancing and self-isolation can make the spread manageable. It uses simple simulations with coloured dots that "behave like people". I urge everyone to check out this link.
 - <https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>
- This article discusses the situation in Manitoba as of March 15th. It talks about why schools have closed, how the virus has been spreading, the importance of social distancing (and what the term means), why social distancing works to reduce the rapid spread of a virus, strategies for reducing the spread in other ways, and taking expert health advice seriously.
 - <https://www.cbc.ca/news/canada/manitoba/manitoba-coronavirus-covid-19-social-distancing-1.5497790>
- This article is more comprehensive. The con is that it is dense with text, and a lot of it. However, it's a Government of Canada guide on COVID-19, and includes data and information relevant to Canada/Canadians. It includes some figures, which can help to give a visual grasp of the situation. It includes detailed information on hand washing, respiratory etiquette, cleaning and

ventilation in the home, social distancing, isolation (for those sick), how to approach public spaces, use of masks, community strategies (e.g., not planning events where people need to gather, school/childcare measures, etc.), other work and school considerations, means of social communication and more.

- In Appendix 1, there is a whole section on **Considerations for remote and isolated communities**.
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html>
- This article from Ottawa Public Health is short and has a more visually appealing nature to it. It gives simple explanations for self-isolation, self-monitoring, and provides links to other related topics.
 - <https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx>
- This is another article specific to Manitoba. It is fairly short, and provides a bullet-point list of strategies for Manitobans to minimize their health risks, as well as strategies for schools and employers. It provides a comprehensive list of links on related subjects.
 - <https://www.gov.mb.ca/covid19/socialdistancing.html>
- I'm including this, which is more of a blog post, but does an excellent job of describing the global situation surrounding COVID-19, simple to understand projections of what can be expected if we do (or don't!) follow the recommendations that some other countries have failed to do and have suffered the consequences. It addresses how many cases can be expected in any given location, what will happen when those cases come about, what we should do about it, and when. It includes a fair amount of simple graphics/images that give an accurate scope of the problem.
 - <https://medium.com/@tomaspueyo/coronavirus-act-today-or-people-will-die-f4d3d9cd99ca>

Alberta

- This link contains three different infographics specifically for businesses (arguably could be used by anyone)
 - <https://open.alberta.ca/publications/covid-19-information-help-prevent-the-spread-poster>
- This link contains a self-assessment test, almost like an online quiz.
 - <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

BC

- BC COVID-19 self-assessment quiz
 - <https://covid19.thrive.health/>

Manitoba

- This link contains fact sheets in several languages (including Tagalog)
 - <https://www.gov.mb.ca/covid19/factsheets.html>

Saskatchewan

- The first drop-down menu on COVID-19 contains a number of PDF infographics
 - <http://skfn.ca/health-wellness-programs/>