

Protect yourself and your family from COVID-19



COVID-19 is a respiratory disease caused by a coronavirus that was first identified in China. It is contagious and includes symptoms like fever, cough, and shortness of breath.

- 1 Keep it clean**
Clean your hands with soap and water for 20 seconds after being in public areas, and if you're around someone who isn't feeling well. Also, clean frequently touched objects.
- 2 Avoid contact with sick people**
Avoid close contact with people who are sick and avoid travelling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.
- 3 Contact Best Doctors**
Best Doctors can answer questions about the disease, evaluate your risk, and provide support by phone to help relieve symptoms for affected patients, addressing both physical and mental health needs.

Last Updated: March 16, 2020

Start a case today

Call 1-877-419-2378 | Visit bestdoctors.com/canada

Best Doctors is now part of Teladoc Health, the global leader in virtual care.

© 2020 Teladoc Health, Inc. All rights reserved. Best Doctors and the Best Doctors logo are trademarks of Teladoc Health, Inc., in the United States and in other countries, and are used under license. This flyer is not meant to provide medical advice or service, and should not be construed as the professional advice of Best Doctors. As such, Best Doctors does not guarantee or assume responsibility for the correctness of the information or its applicability regarding any specific factual situation. Personal health problems should be brought to the attention of physicians and appropriate healthcare professionals.

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?

Best Doctors can answer questions about the disease, evaluate your risk, and provide support by phone to help relieve symptoms for affected patients.

Start a case today

Call 1-877-419-2378 | Visit bestdoctors.com/canada