

## What is COVID-19?

The COVID-19 virus is an infectious disease caused by a newly discovered coronavirus.

Most people who get COVID-19 will recover on their own. Typical treatment includes:



**Drink fluids**



**Sleep/Rest**



**Humidifier**

Older people and those with underlying medical problems are more likely to develop serious illness. It is important we protect our most vulnerable population by **staying home and staying safe.**



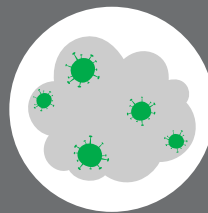
## Symptoms of COVID-19

- Fever/chills
- Cough
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Runny nose
- Nasal congestion
- Lose of taste or smell
- Headache
- Fatigue
- Digestive issues



## How does the virus spread?

If you touch something contaminated with COVID-19 and then touch your face, you may contract the virus and fall ill.



**Air by cough or sneeze**



**Personal contact**

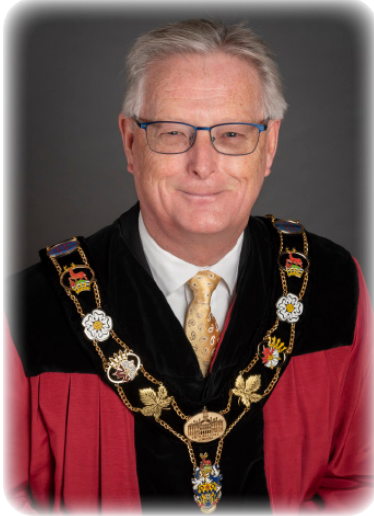


**Contaminated objects**



## Reduce your risk of COVID-19

- Clean your hands often.
- Cough or sneeze into your bent elbow — not your hands!
- Avoid touching your eyes, nose and mouth.
- Limit social gatherings and time spent in crowded places.
- Avoid close contact with anyone who is sick.
- Clean and disinfect frequently touched objects and surfaces.

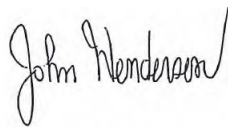


## A Message from the Mayor

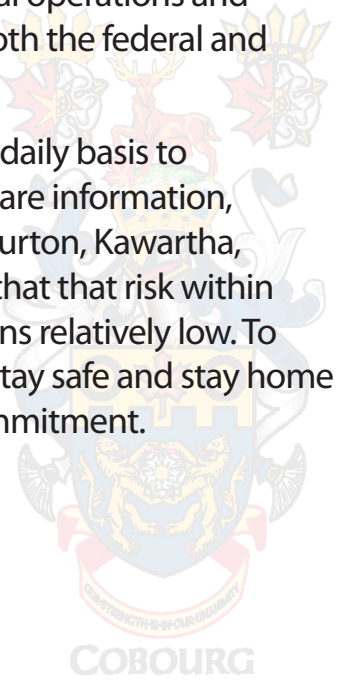
As the COVID-19 pandemic continues to evolve our citizens remain our highest priority. We continue to assess our municipal operations and implement measures being recommended from both the federal and provincial governments.

Our Emergency Control Group meets virtually on a daily basis to collaborate with community partners in order to share information, resources and to ensure we are prepared. The Haliburton, Kawartha, Pine Ridge District Health Unit continues to advise that that risk within Northumberland County including Cobourg, remains relatively low. To continue to flatten the curve we must continue to stay safe and stay home and I thank you for your steadfast patience and commitment.

**We are Coming Together by Staying Apart.**



**John Henderson**  
Mayor, Town of Cobourg



**Report a Violation  
or Concern**

Bylaw Police ☎ **905-372-4301**  
☎ **905-372-6821**

## How the Town of Cobourg is keeping you safe.



We **closed all municipal offices and buildings** to the public.



We **declared a State of Emergency** to protect our community members and preserve the rights for future support.



We are **live-streaming virtual Council Meetings** through our YouTube channel.



We **deferred tax payments** and waived penalties and interest charges.



We encouraged landlords to provide a **grace period on rental payments**.



We launched a local **COVID-19 Public Information Hotline**.



We **reduced the operating hours** for Conventional and WHEELS Transit.



We **cancelled all municipal programs and events**, including Canada Day, the Waterfront Festival and Ribfest.



We closed all **recreational amenities**, including play structures and the dog park.



We set-up a **Relief Base Camp** for First Responders and Frontline Medical Workers.

