



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

COVID-19 Resources for Sponsors & Newcomers

Below are links to multi-language resources and factsheets on COVID-19 that can be shared with refugee sponsors and refugees sponsored under the Private Sponsorship of Refugees (PSR), the Blended Visa Office Referred (BVOR), the Joint Assistance Sponsorship (JAS) and the Government Assisted Refugees (GAR) programs that have already arrived in Canada.

Information and Factsheets

- The Public Health Agency of Canada (PHAC) has an information hub on COVID-19 that has the latest updates on the virus, travel advice, information on how to prepare, symptoms and treatment, the Government of Canada's response and factsheets and printable resources:
 - » **English:** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
 - » **French:** <https://www.canada.ca/fr/sante-publique/services/maladies/maladie-coronavirus-covid-19.html>
 - Information on COVID 19 produced by the Ontario Ministry of Health and Long Term Care that provides information about the virus, how people can protect themselves and what to do if they have contracted the virus, is available in 28 languages (<https://www.ontario.ca/page/2019-novel-coronavirus#section-11>) including:
 - » **English:** <https://www.ontario.ca/page/2019-novel-coronavirus#section-11>
 - » **French:** <https://www.ontario.ca/fr/page/nouveau-coronavirus-2019>
 - » **Arabic:** <https://files.ontario.ca/moh-coronavirus-info-sheet-arabic-2020-02-18.pdf>
 - » **Farsi:** <https://files.ontario.ca/moh-coronavirus-info-sheet-farsi-2020-02-18-v2.pdf>
 - » **Somali:** <https://files.ontario.ca/moh-coronavirus-info-sheet-somali-2020-02-18.pdf>
 - » **Spanish:** <https://files.ontario.ca/moh-coronavirus-info-sheet-spanish-2020-02-18.pdf>
 - Information, resources and factsheets produced by the World Health Organization (WHO) for the public on COVID-19, including information on the symptoms, how to prevent spreading the virus, how to protect others and cope with stress during the outbreak, are available in:
 - » **English:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - » **French:** <https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - » **Arabic:** <https://www.who.int/ar/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - » **Chinese:** <https://www.who.int/zh/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - » **Russian:** <https://www.who.int/ru/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - » **Spanish:** <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
 - Factsheets produced by UNHCR Kenya on how COVID-19 is transmitted, common symptoms of the virus and what can be done to prevent infection are available in:
 - » **English:** <https://www.unhcr.org/ke/coronavirus-covid-19-update>
 - » **French:** <https://www.unhcr.org/ke/wp-content/uploads/sites/2/2020/03/Message-to-refugees-French-v.f.-pdf>
 - » **Lingala:** <https://www.unhcr.org/ke/wp-content/uploads/sites/2/2020/03/Message-to-refugees-Lingala-v.f.-pdf>
- (**note:** these factsheets have some information that is specific to Kenya, such as the contact information of the Ministry of Health in Kenya, but the general information on transmission, symptoms and prevention can be shared with sponsored newcomers in Canada).

- Translations of key resources produced by the US Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>) on COVID-19, including information on what to do if someone exhibits symptoms of the virus and how to stop the spread of the virus, is available in English, Spanish, Amharic, Burmese, Karen and Tigrinya at <https://www.auroragov.org/cms/one.aspx?pagelid=16539096>.
- A factsheet (<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet>) produced by the Washington State Department of Health that provides information on COVID-19, how it spreads, symptoms of the virus and how people can protect themselves, is available in:
 - » **English:** <https://www.doh.wa.gov/Portals/1/Documents/1600/NovelCoronavirusFactSheet.pdf>
 - » **Amharic:** <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection/~media/depts/health/communicable-diseases/documents/covid-19-recommendations-AM.ashx>
 - » **Arabic:** <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection/~media/depts/health/communicable-diseases/documents/covid-19-recommendations-AR.ashx>
 - » **Somali:** <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection/~media/depts/health/communicable-diseases/documents/covid-19-recommendations-SO.ashx>
 - » **Spanish:** <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus/protection/~media/depts/health/communicable-diseases/documents/covid-19-recommendations-SP.ashx>

Videos and Other Resources

- An introductory video produced by the WHO on COVID-19 in English with French, Arabic, Chinese, Farsi, Russian and Spanish subtitles is available at <https://openwho.org/courses/introduction-to-ncov>
- A resource where the WHO debunks common myths about COVID-19 is available in:
 - » **English:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - » **French:** <https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - » **Arabic:** <https://www.who.int/ar/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - » **Chinese:** <https://www.who.int/zh/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - » **Russian:** <https://www.who.int/ru/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
 - » **Spanish:** <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- A printable activity guide for young children on how to wash their hands is available at https://cms-tc.pbskids.org/global/StayingHealthy_PRINT_Hands.pdf?mtime=20200306102330
- A resource on how to speak to children about COVID-19 is available in:
 - » **English:** https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf
 - » **Spanish:** https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout_Spanish.pdf
- UNICEF has tips on how to speak to children about COVID-19 available in:
 - » **English:** <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
 - » **French:** <https://www.unicef.org/fr/coronavirus/comment-parler-a-votre-enfant-de-la-maladie-a-coronavirus-covid-19>
 - » **Spanish:** <https://www.unicef.org/es/coronavirus/como-hablarle-a-tu-hijo-sobre-coronavirus-covid-19>

This fact sheet is compiled by the Refugee Sponsorship Training Program (RSTP) and Catholic Crosscultural Services (CCS).

The information is gathered from different sources like the Ontario Ministry Of Health and the World Health Organization — it outlines the different steps that individuals can take to prevent the spread of COVID-19 and explains what to do if you are experiencing symptoms. This document was last modified on March 18th, 2020, so it is fairly recent.

