

COVID-19 Information Package

Important Contact Numbers:

Government of Canada COVID-19 Information: 1-833-784-4397 Email: phac.info.aspc@canada.ca Web: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Government of Ontario: Contact **Telehealth Ontario** at [1-866-797-0000](tel:1-866-797-0000) or your [local public health unit](#) if you're experiencing symptoms of the 2019 novel coronavirus.

Web: [COVID-19 Information Page](#) (https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.39109923.168004920.1584105799-1936003245.1584105799)

What is a coronavirus?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings. Can the virus that causes COVID-19 be transmitted through the air?

Studies to date suggest that the virus that causes COVID-19 is mainly transmitted through contact with respiratory droplets rather than through the air. See previous answer on “How does COVID-19 spread?”
Can CoVID-19 be caught from a person who has no symptoms?

The main way the disease spreads is through respiratory droplets expelled by someone who is coughing. The risk of catching COVID-19 from someone with no symptoms at all is very low. However, many people with COVID-19 experience only mild symptoms. This is particularly true at the early stages of the disease. It is therefore possible to catch COVID-19 from someone who has, for example, just a mild cough and does not feel ill. WHO is assessing ongoing research on the period of transmission of COVID-19 and will continue to share updated findings.

Can I catch COVID-19 from the feces of someone with the disease?

The risk of catching COVID-19 from the feces of an infected person appears to be low. While initial investigations suggest the virus may be present in feces in some cases, spread through this route is not a main feature of the outbreak. WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share new findings. Because this is a risk, however, it is another reason to clean hands regularly, after using the bathroom and before eating.

What can I do to protect myself and prevent the spread of disease?

Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
Why?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth.
Why?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
Why?

Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why?

National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Why?

You have a higher chance of catching COVID-19 in one of these areas.

Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely.

WHO advises rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks (see Advice on the use of masks).

The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. See basic protective measures against the new coronavirus for more information.

How to put on, use, take off and dispose of a mask?

Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.

- Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
- Take the mask and inspect it for tears or holes.
- Orient which side is the top side (where the metal strip is).
- Ensure the proper side of the mask faces outwards (the coloured side).
- Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
- Pull down the mask's bottom so it covers your mouth and your chin.
- After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
- Discard the mask in a closed bin immediately after use.
- Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

Is there anything I should not do?

The following measures ARE NOT effective against COVID-2019 and can be harmful:

- **Smoking**
- **Wearing multiple masks**
- **Taking antibiotics (See question 10 "Are there any medicines or therapies that can prevent or cure COVID-19?")**

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

How long does the virus survive on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

Risk to Canadians

At this time, the Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for the general population in Canada but this could change rapidly. There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

While a COVID-19 outbreak is not unexpected in Canada, our public health system is prepared to respond. The Public Health Agency of Canada, along with provincial, territorial and community partners, continues to reassess the public health risk, based on the best available evidence as the situation evolves.

The risk to Canadian travellers abroad will vary depending on the destination, as well as the person's age and health status. There are some destinations where the Government of Canada recommends avoiding all travel or all non-essential travel. Check the latest travel health notices before travelling.

As well, the risk for COVID-19 may be increased for certain settings such as:

- cruise ships
- heavily affected areas
- international conferences and other large gatherings in enclosed spaces

It is important for all travellers to:

- self-monitor for symptoms of COVID-19 (fever, cough or difficulty breathing) for 14 days after returning to Canada
- avoid places where you cannot easily separate yourself from others if you become ill

If you have even mild symptoms, stay home and call the public health authority in the province or territory you are in to inform them. They will provide advice on what you should do.

We will continue to adapt our risk assessment based on the latest data available.

Sources:

- 1) World Health Organization (WHO www.who.int)
- 2) [Government of Canada](#)
- 3) [Government of Ontario](#)

The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried.

Get the FACTS; not the rumors and misinformation. Facts can help to minimize fears.

#Coronavirus #COVID19



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Be **SAFE** from **#coronavirus**



if you are 60+ or if you have an underlying condition like:



Cardiovascular disease



Respiratory condition



Diabetes

by avoiding crowded areas or places where you might interact with people who are sick and check WHO

Learn more to Be **READY** for **#COVID19**:
www.who.int/COVID-19



UNITED NATIONS



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Protect yourself and others from getting sick

Wash your hands




- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



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Patient Safety

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SAVE LIVES

Clean Your Hands

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May 2009

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



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Clean Your Hands

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May 2009

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



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FACT:

Taking a hot bath does not prevent the new coronavirus disease



Even though the new coronavirus can stay on surfaces for a few hours or up to several days (depending on the type of surface), it is very unlikely that the virus will persist on a surface after it has been moved, travelled, and exposed to different conditions and temperatures. If you think a surface may be contaminated, use a disinfectant to clean it. After touching it, clean your hands with an alcohol-based hand rub or wash them with soap and water.

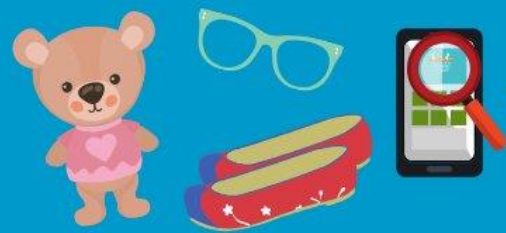


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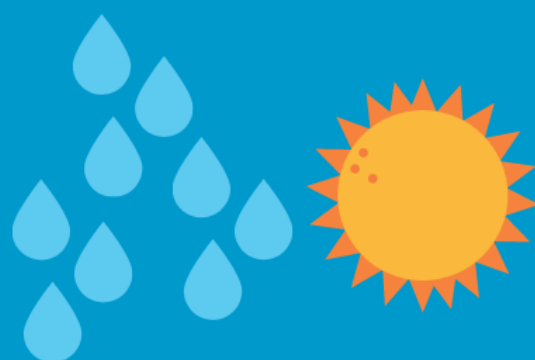
FACT:

The new coronavirus cannot be transmitted through goods manufactured in China or any country reporting COVID-19 cases



FACT:

**The new coronavirus
can be transmitted in
areas with
hot and humid climates**



From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus #COVID19

9 March 2020

STAY HEALTHY WHILE TRAVELLING

If you become sick
while travelling,
**inform crew and
seek medical care
early**



If you seek medical
attention, **share travel
history with your health
care provider**



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STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public

**Avoid close contact
and travel with
animals that are sick**



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STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have
a fever and cough



If you have a fever, cough and
difficulty breathing **seek medical
care early and share previous
travel history with your health
care provider**



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Getting your workplace ready for **#COVID19**



**Your employees should
comply with any local
restrictions on travel,
movement or large
gatherings.**

WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected coronavirus infection**

Wear a mask, if you are coughing or sneezing

Masks are effective only when used **in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



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Getting your workplace ready for #COVID19



Surfaces (e.g. desks and tables) and objects (e.g. telephone, keyboards) should be wiped with disinfectant regularly.



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#Coronavirus

Getting your workplace ready for #COVID19

**Keep workplaces clean
and hygienic**

**Promote regular and
thorough handwashing**

**Promote good respiratory
hygiene**

**Consult national travel
advice before going on
business travel**

**Advise those who are sick
to stay home**



#Coronavirus



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STAY HEALTHY IN THE WORKPLACE



**Wash your hands
frequently**

Cover coughs and sneezes
with a tissue or a bent elbow.
Throw the tissue in the bin
and wash your hands
immediately afterwards.



Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



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Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough



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Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser



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Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use

Clean hands after coughing or sneezing and when caring for the sick



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There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Cold weather and snow CANNOT kill the new coronavirus

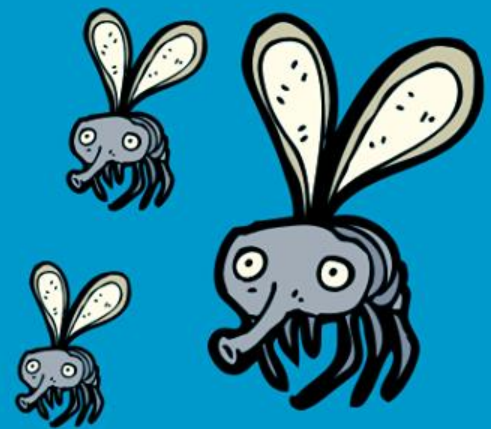


To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

FACT:
The new coronavirus CANNOT be transmitted through mosquito bites



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Does drinking alcohol prevent the new coronavirus (2019-nCoV)?

No, **drinking alcohol does not protect you from 2019-nCoV infection**. Alcohol should always be consumed in moderation, and people who do not drink alcohol should not start drinking in an attempt to prevent 2019-nCoV infection.



Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water



When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough