

COVID-19

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Be Prepared, Be Informed, and Protect Yourself

COVID-19 is a new type of coronavirus

- Coronaviruses can cause minor and more serious infections.
- COVID-19 is thought to be transmitted by close contact with people and through respiratory droplets.
- Symptoms of COVID-19 infections include fever, cough and difficulty breathing.

Social distancing measures can help reduce the number of new cases, and protect communities.

Self-isolation is essential if you have symptoms or have been diagnosed - stay home if you do not need medical assistance.

Keep a distance between yourself and others, at work and in public places.

Avoid crowds and large social events.



WASH YOUR HANDS often with soap and water for 20 seconds.



COUGH OR SNEEZE in a tissue or the bend of your arm. Wash your hands afterwards.



CLEAN SURFACES that are often touched, like phones, toilets, door handles, etc.



AVOID TOUCHING your eyes, nose and mouth with unwashed hands. Social distancing measures can help reduce the number of new cases, and protect communities.

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BE PREPARED

Even though there might not be any COVID-19 cases in your community, it is best to be prepared and know what to do to **prevent** it and **protect** yourself and your loved ones. Here are some things to keep in mind:

- Make sure to **follow social distancing measures** and **hygiene best prevention practices**
- **If you are sick** with a cold, the flu or any other illnesses, **stay at home**
- If you can, self-isolate, especially if you are at higher risk
- **Have a plan** in case you get sick, especially if you are a parent or a caregiver
- **Avoid panicking**, but be prepared: make sure **you have everything you might need** in case you get sick (prescriptions, foods, soap, tissues, cleaning products)

BE INFORMED

RISK ASSESSMENT

In Canada, the risk associated with COVID-19 is currently **low** for the general population. The global risk is now **very high**. The Government of Canada now recommends to avoid all non-essential trips.

The risk varies by countries and changes over time. For updated information, you can refer to the World Health Organization [COVID-19](#) page.

PEOPLE MOST AT RISK

Elderly and **immunocompromised** people are at higher risk. If you are sick, avoid being in contact with at-risk people.

RELIABLE INFORMATION

The [Government of Canada](#) and [Johns Hopkins Center for Health Security](#) provide reliable and updated information on their COVID-19 outbreak page.

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PROTECT YOURSELF

If you get sick, refer to the following guidelines:

1. Call your health care provider or your provincial health authority¹ **before** going to a clinic. Inform them of your symptoms and provide any relevant information, such as your travel history.
2. **If your symptoms are not severe** and you do not need medical assistance, self-isolate and stay home.
3. **If your symptoms are severe**, call a COVID-19 dedicated clinic where available, or call your provincial health authority to know where to go. Do not go to the emergency or any clinic without calling beforehand. You can also call our Health Information Specialists for a list of clinics.

If you have COVID-19 symptoms or if you have been diagnosed, here's what you should and shouldn't do to protect yourself and others:

Self-isolate. This means, stay at home.

Rest. If your symptoms are not severe and you do not need medical assistance, get some rest and stay hydrated.

Use delivery services. For supplies, food, medications, etc. Pay online and ask your delivery to be dropped off outside.

Inform people of your symptoms. If you need to be in contact with people, inform them of your symptoms or your diagnosis beforehand. For example, call any clinic before getting there and let them know of your symptoms.

Avoid at-risk people. Avoid hospitals, long-term care centres, older adults, people with chronic conditions or compromised immune systems.

Avoid going outside or having visitors. If you do: wear a mask properly or cover your mouth and nose, maintain a 2-metre distance from others, and cover your mouth and nose with your arm when coughing or sneezing.

Avoid traveling. If you have symptoms or have been diagnosed, avoid all travels to any destination to protect people around you.

¹ 811 or Quebec 1-877-644-4545, Ontario 1-866-797-0000, Manitoba 1-888-315-9257, Nunavut 867-975-5772, Northwest Territories 911

IN THE WORKPLACE

For employers

- Make sure employees are **informed** and have **access** to reliable information
- **Assess the situation daily** and adjust the information if necessary
- Rely on **trusted sources of information** to share with your teams - for support, contact our **Health Information Specialists** or refer to your **Health Navigation platform**
- Provide access to **handwashing areas** and **hand sanitizer** while promoting hygiene best practices
- If possible, allow employees to **work from home** or arrange schedules to **reduce social contact**
- **Be flexible** with sick day requests and adjust your policies as needed
- **If you are sick, stay at home**
- Learn from COVID-19 and prepare for future similar events

For employees

- **Increase the physical distance** between yourself and your colleagues
- **Follow hygiene best prevention practices** - wash your hands and your workstation often
- **Be flexible** - if possible, **work from home** and change your schedule to **limit social contact**
- **If you are sick, stay at home**
- For trusted information and support, you can call our **Health Information Specialists** or refer to your **Health Navigation platform**