

# HAZARD ALERT

## COVID-19 (coronavirus)

### Protect yourself, co-workers, friends and family from respiratory illness

The most important step we can take to prevent infection or illness for ourselves, our families, friends and co-workers is to practice good basic hygiene and take simple precautions.

This is critical whether it is the flu, the common cold, or the current risk of COVID-19 (also known as coronavirus).

#### **Wash your hands frequently!**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and warm water. This will kill and remove viruses that may be on your hands. When washing your hands with water & soap, scrub for a minimum of 20 seconds.

#### **Maintain social distancing**

Maintain at least 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing. Viruses are spread through small airborne droplets that you might inhale unknowingly. Avoid shaking hands.

#### **Avoid touching your eyes, nose and mouth**

Your 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.

#### **Practice respiratory hygiene**

Make sure you - and 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. This is good protection against respiratory viruses, flu, and the common cold.

## **If you have fever, cough and difficulty breathing, seek medical care**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call ahead in advance to determine the right health care facility to help you. Inform them of any recent travel or contact with travelers.

## **Stay informed and follow advice given by your healthcare provider**

While these precautions are valid for any communicable respiratory disease, our current concern is the coronavirus (COVID-19). Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others.

*Adapted from materials from the World Health Organization website.*

## **Health Canada web page for updates on the coronavirus:**

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

The transmission of any virus threat will be stopped if everyone takes the proper precautions for their own protection. In doing so, we also protect others by reducing the probability of secondary transmission.