



Novel Coronavirus (COVID-19): Staff Fact Sheet

Q: What precautions should I take to protect myself?

A: At this time, it has been found that the virus spreads through person to person contact. *COVID-19 is not airborne.* This may include touching a surface that was touched by an infected person, or inhaling respiratory droplets, such as those produced when a person coughs or sneezes. This is similar to how influenza spreads. To protect yourself:

1. Wash hands with soap and water,
2. Cover your mouth and nose with a tissue or an arms sleeve, when coughing or sneezing.
3. Stay home when you are unwell.
4. Wear the appropriate PPE when caring for clients.

Q: What symptoms should I look out for?

A: According to the [CDC](https://www.cdc.gov), symptoms of the disease vary from little to no symptoms to severely ill and dying. Symptoms can appear within 2 days of exposure and last up to 14. Frequently reported symptoms include:

- Fever
- Cough
- Shortness of breath
- Muscle ache

Other symptoms noted are similar to the flu.

Q: What are the countries of concern? How will I know if these change?

A: Countries of concern are areas with a significant risk of transmission of COVID-19. This will change as new cases are identified. At this time, these countries include: China, Hong Kong, Iran, Italy, Japan, Macau, Malaysia, Republic of Korea (South Korea), Singapore, Taiwan, and Thailand. To learn more information, or check to see if the counties have changed you can visit <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html>

Q: I have traveled to a country of concern, can I return to work?

A: If you are symptomatic (fever and/or respiratory symptoms) you should not come to work – regardless of the COVID-19 virus. Staff members should stay home when ill. Please contact your CCC for support and return to work clearance.

Q: A family member has travelled from a country of concern, but do not have any symptoms, can I come to work?

A: Yes, as long as your close contact is not experiencing any respiratory or influenza like symptoms. *If they, or you, develop symptoms*, please contact your CCC for support to evaluate if you are safe to come to work.

Staff can assist in preventing the spread of illness by understanding that it is always best to stay home and rest when you are sick. It is critical to wash your hands when caring for clients. Together we can create a healthier Safehaven.

