

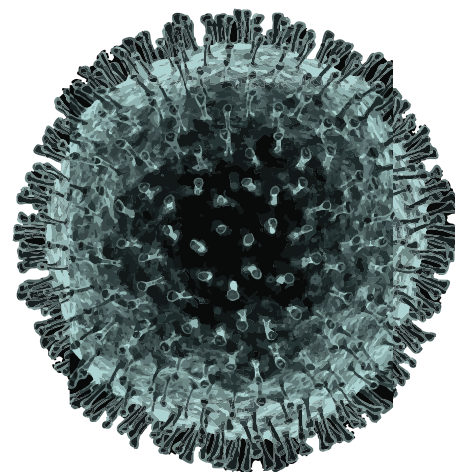
EVERYTHING

You Need to Know about COVID-19

What is 2019-nCov?

2019-nCov is a newly discovered member of the Coronavirus family which cause a number of well-known illnesses. These illnesses range in severity from the common cold to MERS and SARS.

- 2019-nCov was discovered as a new strain in December of 2019 in Wuhan, China after numerous people were found to be suffering from pneumonia
- The disease caused by 2019-nCov has been titled COVID-19 by the World Health organization
- This name was chosen in an attempt to avoid the stigmatization of specific groups of people or regions



COVID-19

What are the Symptoms?

- Fever
- Coughing
- Shortness of breath
- Pneumonia
- Kidney failure

How is it Spread?

COVID-19 is spread through droplet transfer between people or between a person and an infected surface. These droplets are produced when an infected person sneezes and the droplets land in the mouth or nose of someone nearby.

- Droplets from sneezing and coughing can travel up to around 6 feet
- Infected surface-to-person transmission is not as common
- Exactly how long 2019-nCov can last on surfaces is unknown

What to do if you think you're infected



- Separate yourself from the other people and animals in your home and, if possible, remain in a specific room and use a separate washroom
- Do not leave home, except to seek medical care and do not use public transit to reach medical centers
- Let your doctor or the medical center know you are coming in advance to give them time to properly prepare for your arrival
- Wear a facemask when you are around others and wash your hands regularly
- Do not share household items and clean those you do touch every day

Help prevent the spread of viruses in the workplace

Preventing the spread of viruses in your workplace can be done with a few simple but effective changes.



1. Regularly wipe down common objects and surfaces (e.g. staplers, desks, keyboards) with disinfectant to prevent surface-to-person transfer



2. Promote regular and proper handwashing throughout your workplace



3. Place sanitizer dispensers in commonly accessible areas throughout your workplace and ensure they are always refilled



4. Promote proper respiratory hygiene (e.g. coughing into your inner arm rather than into your hand) throughout your workplace

5. If possible, encourage sick and symptomatic employees to stay home



Common Hygiene Mistakes

- **Medical Masks**-provide a false sense of security and are not recommended for non-infected people
- **Substituting Sanitizer for Proper Handwashing**- although alcohol-based rubs are an effective way to clean hands on the go, it is no substitute for proper handwashing
- **Going into Work When Sick**- although you think you're doing the right thing by going into work when you're sick, staying home is always the best option to keep you and your coworkers healthy