



CORONAVIRUS

If you traveled in the last 14 days and feel sick with fever, and/or cough, and/or difficulty breathing, **please stay home, contact Public Health and inform your manager.** Follow the same recommendations if you have been in close contact with someone who has experienced similar symptoms within 14 days of traveling.

Anyone who is concerned should contact the Public Health Agency of Canada at 1-833-784-4397 or the appropriate Provincial/Territorial Telehealth line where there is a registered nurse ready to answer all of your questions.

Hand washing with soap remains the best way to prevent spread of germs. Follow these six steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Work soap under fingernails and around and between joints and fingers.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.
6. Turn off the tap with a paper towel or cloth.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Follow these steps:

1. Apply the gel product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Keeping your hands away from your face is the other effective way to reduce the spread of infections:

- Avoid rubbing eyes
- Avoid putting fingers and thumbs in mouth
- Avoid biting nails and cuticles
- Use tissues to rub or wipe your nose and then wash your hands or use sanitizer

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES.