

## PREVENTING THE SPREAD OF COVID-19

March 5th, 2020

**This info sheet on COVID-19 (coronavirus) covers precautions that both employers and workers can take to avoid contracting and spreading the virus. At the time of this publication, according to BCCDC, the risk of spread of this virus in B.C. communities remains low.**

### What is coronavirus?

Coronaviruses are a large family of viruses which in humans can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). The new coronavirus has been named COVID-19.

### What are the symptoms of coronavirus?

The symptoms of COVID-19, are similar to other respiratory illnesses, including the flu and common cold. They include:

- coughing,
- sneezing,
- fever,
- sore throat and
- difficulty in breathing.

### How does coronavirus spread?

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to the flu.

### Steps employers can take to prevent the spread of COVID-19:

- Make sure workplaces are clean and hygienic,
- Surfaces (e.g.desks and tables) and objects (e.g.telephones, keyboards) need to be wiped with disinfectant regularly,
- Promote regular and thorough hand-washing by workers, contractors, and anyone else who may enter your workplace.



### Steps workers can take to prevent the spread of COVID-19:

- Washing hands often with soap and water for at least 20 seconds
- Avoiding touching your eyes, nose, or mouth with unwashed hands
- Avoiding close contact with people who are sick
- Coughing or sneezing into your sleeve and not your hands
- Staying home if you are sick to avoid spreading illness to others



Imagery from [traditioninaction.org](http://traditioninaction.org)

Please refer to the following links to keep updated about the latest information -

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronaviruses-infection.html>
- [http://www.bccdc.ca/health-professionals/clinical-resources/novel-coronavirus-\(covid-19\)](http://www.bccdc.ca/health-professionals/clinical-resources/novel-coronavirus-(covid-19))
- [https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?utm\\_campaign=Head\\_022820\\_CAN&utm\\_medium=email&utm\\_source=Eloqua](https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf?utm_campaign=Head_022820_CAN&utm_medium=email&utm_source=Eloqua)

This info sheet was developed using information from the above resources.

