

About coronaviruses

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. Some coronaviruses transmit between animals, some between animals and people, and others from people to people.

If you get a coronavirus infection

If you have cold-like symptoms, you can help protect others by doing the following:

- stay home while sick
- avoid close contact with others
- cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- clean and disinfect objects and surfaces

Symptoms of coronavirus infections

Coronavirus infections are common and typically lead to the common cold. Gastrointestinal disease is possible for young infants. Symptoms are usually mild to moderate and can include:

- runny nose
- headache
- cough
- sore throat
- fever
- a general feeling of being unwell

Although rare, other types of coronavirus infections cause illnesses such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) can produce more severe illnesses such as pneumonia, respiratory failure, kidney failure, or even death.

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

Hygiene Best Practices from the Canadian Centre for Occupational Health & Safety (CCOHS)



<https://www.ccohs.ca/products/posters/pdfs/handwashing.pdf>



<https://www.ccohs.ca/products/posters/pdfs/Preventspread.pdf>



http://images.ccohs.ca/portals/Flu_Infectious_Disease/Sanitizing_Flyer.pdf



https://www.ccohs.ca/images/products/infographics/download/Prevent_Spread.jpg

Other CCOHS Resources:

Flu and Infectious Disease Outbreaks Business Continuity Plan:
<https://www.ccohs.ca/publications/PDF/businesscontinuity.pdf?nocert=true>

Hand Washing: Reducing the Risk of Common Infections:
https://www.ccohs.ca/oshanswers/diseases/washing_hands.html

Good Hygiene Practices - Reducing the Spread of Infections and Viruses:
https://www.ccohs.ca/oshanswers/diseases/good_hygiene.html

Coronavirus:
<https://www.ccohs.ca/oshanswers/diseases/coronavirus.html>

Outbreaks:
<https://www.ccohs.ca/outbreaks/>

Educational Resources



<https://openwho.org/channels/covid-19>



Home / Emergencies / Diseases / Coronavirus disease 2019 / Online training

Coronavirus disease (COVID-19) training: Online training
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training>

Advice for the Public from the World Health Organization (WHO)

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water




World Health Organization

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick




World Health Organization

Protect others from getting sick

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public

If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider

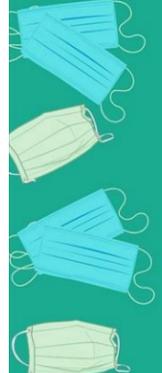




World Health Organization

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



World Health Organization

WHEN TO USE A MASK

For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection

Wear a mask, if you are coughing or sneezing

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

If you wear a mask then you must know how to use it and dispose of it properly



World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



World Health Organization

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Frequently Asked Questions

<p>World Health Organization</p> <p>https://www.who.int/news-room/q-a-detail/q-a-coronaviruses</p>	<p>Center for Disease Control and Prevention</p> <p>https://www.cdc.gov/coronavirus/2019-ncov/faq.html</p>
<p>Government of Canada</p> <p>https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html</p>	

Further Information

Please continue to monitor [Health, Safety & Environment SharePoint](#), theWire and e-mail communications for any future updates and developments.

Links



[Centers for Disease Control \(CDC\)](#)



[World Health Organization \(WHO\)](#)



[Health Canada](#)

