

CORONAVIRUS (COVID-19) UPDATE

Travel to/from affected areas

• Further to the recommendations made by the Government of Canada, please avoid all unnecessary and non-urgent travel to the affected areas – Visit this link to obtain up-to-date information, including affected areas:

<https://www.canada.ca/en/publichealth/services/diseases/2019-novel-coronavirus-infection.html>

Exposure to Environment or Individual

If you have been exposed to an environment or individual who is confirmed or being evaluated for the infection

• Anyone who has knowingly been exposed to or has come into direct contact with an individual or an environment with the known contagion (household, hospital, or any environment with an infected individual), even if you don't show the symptoms should seek the advice of a medical professional.

• If you have been in contact with an individual who has returned from an affected area and they are in quarantine, it is advisable to work from home for a period of 14-days.

• If you or someone in your household has been in contact with someone returning from one of the designated affected areas listed by the Government of Canada <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection.html>, today and onwards it is suggested you work from home for a period of 14 days; this is due to the latency period of up to 14 days.

Individuals who Exhibit Symptoms:

Individuals can minimize their own risk through good hygiene practices like regular and thorough washing of hands. To reduce exposure to and transmission of a range of illnesses, including coronaviruses, you should follow usual health precautions such as:

- Good hygiene practices such as regularly and thoroughly washing your hands frequently with soap and water or alcohol-based hand rub
- Avoid contact with people who are sick
- Maintain at least 3 feet (1 meter) distance between yourself and anyone who is coughing or sneezing (called social distancing)
- Avoid touching your eyes, nose and mouth
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
- Maintain clean work area, common areas, lunchrooms and eating areas