

# PREVENTION

## FOR CORONAVIRUS (COVID-19)

- COVER YOUR COUGH
- WASH YOUR HANDS
- STAY HOME IF YOU HAVE SYMPTOMS
- REPORT RIGHT AWAY
- BE INFORMED



**BC Forest Safety**

Safety is **good** business

# PREVENTION FOR CORONAVIRUS (COVID-19)



## WHAT IS CORONAVIRUS (COVID-19)?

Coronavirus (COVID-19) is a large family of viruses that may cause symptoms ranging from mild to severe. Symptoms may include the following:

- Fever
- Coughing
- Sore throat
- Diarrhea
- Headache
- Pneumonia in both lungs
- Difficulty breathing or shortness of breath

### HOW DOES (COVID-19) SPREAD?

Person-to-person through the transfer of respiratory droplets when an infected person coughs or sneezes.

It is unconfirmed, but possible, that spread can occur by touching a surface that has the virus on it and then touching your own mouth, nose and eyes.

## HOW CAN THE SPREAD OF (COVID-19) BE PREVENTED?

### COVER YOUR COUGH

Cover coughs and sneezes with a tissue, then throw tissue in the trash. If no tissue is available, then cough into the crook of elbow

### WASH YOUR HANDS

Thoroughly wash hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing

### MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing. Viruses are spread through small droplets from coughs or sneezes that you may breathe in

### STAY HOME AND REPORT RIGHT AWAY IF YOU HAVE SYMPTOMS

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, report to your supervisor right away and seek medical attention. Call ahead to the health care facility to determine if they can help and to get instructions on how to safely access the facility. Also, inform them of any recent travel or contact with travelers

### BE INFORMED

Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others

The transmission of the virus will stop if everyone takes the proper precautions for his or her own protection. By taking measures to protect ourselves, we will also protect others by helping to reduce the probability of secondary transmission

Get the most recent updates at:

**Canada:** [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)

**US CDC Risk Assessment:** [www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html#foot01](http://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html#foot01)

**BC CDC information:** [www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

