

Essential Information on **COVID-19**

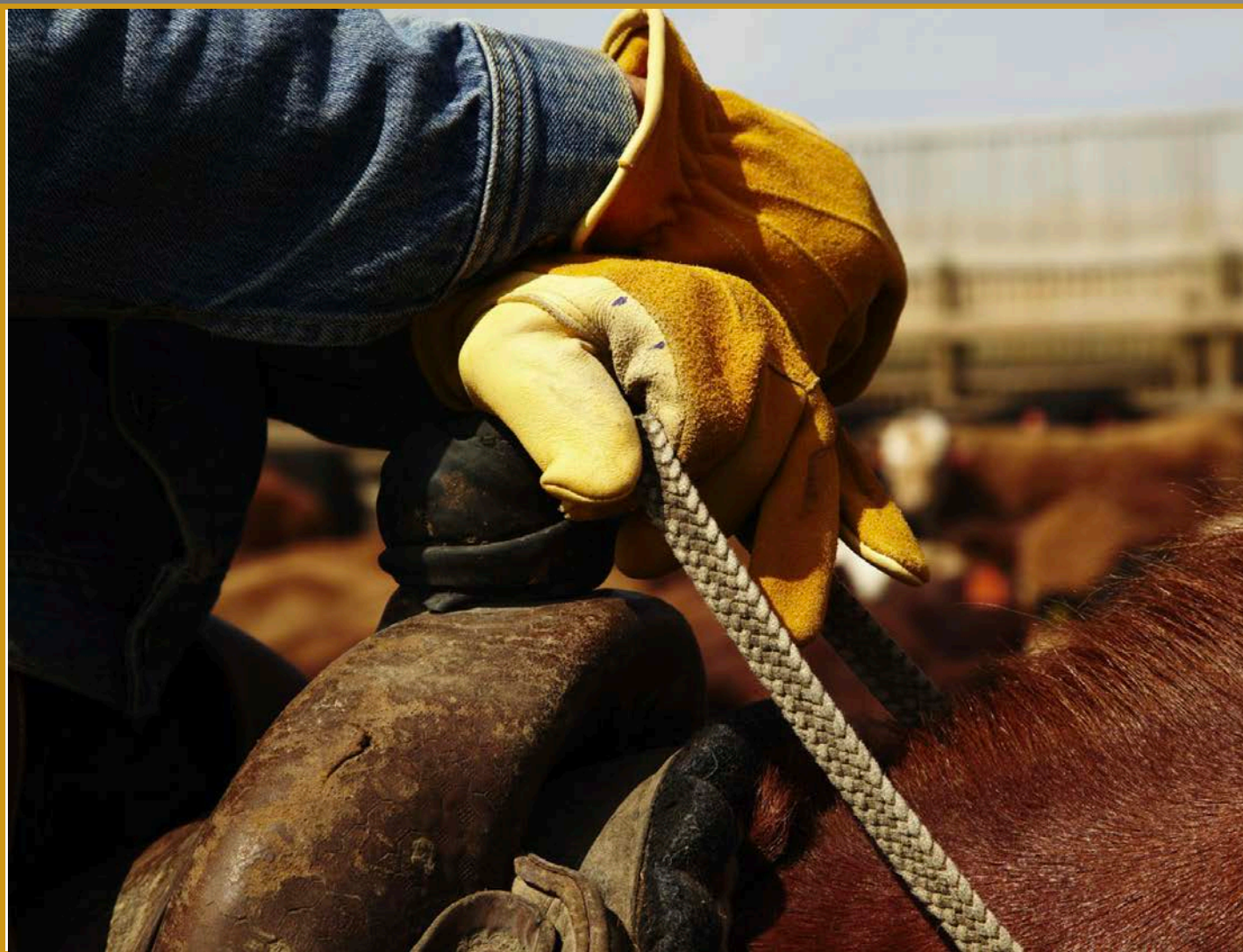


This course has been compiled from trusted sources as of May 10, 2020 and is provided for informational purposes only. Recommendations from public health authorities **may change** as new information becomes available. Always consult with your doctor or government health authorities for any medical questions or concerns.



For the most current information visit:
canada.ca/coronavirus





This course is dedicated to all of the workers in the agricultural industry who are making it possible for Canadians to continue to have a stable, safe and nutritious food supply.





There are many types of workers that contribute to Canada's food supply. All of them have a special importance during the COVID-19 pandemic as they provide an essential service.



Essential Information on COVID-19

Course Outline

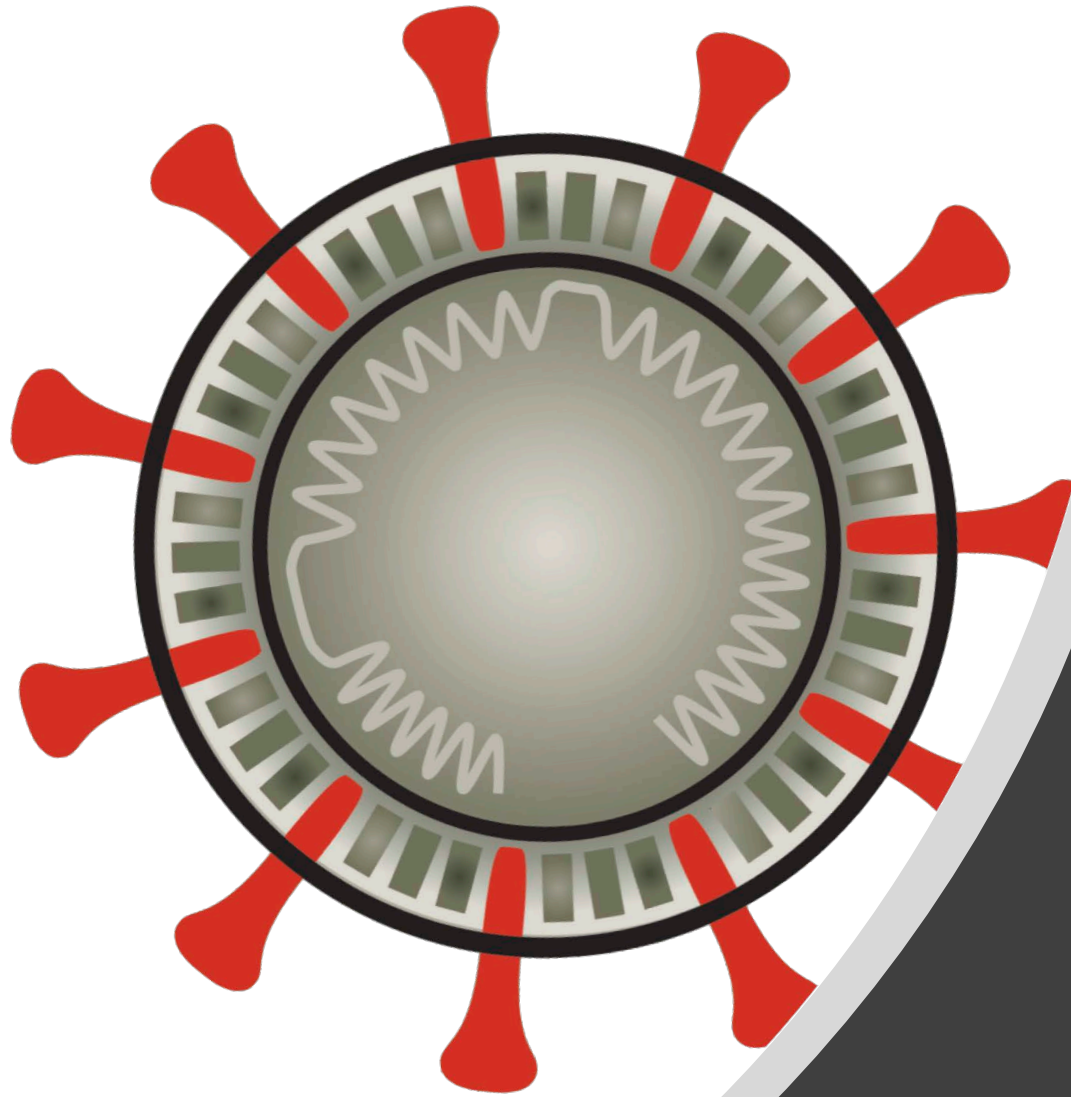
Section I. Understanding COVID-19

Section II. Staying Safe at Home

Section III. Staying Safe at Work

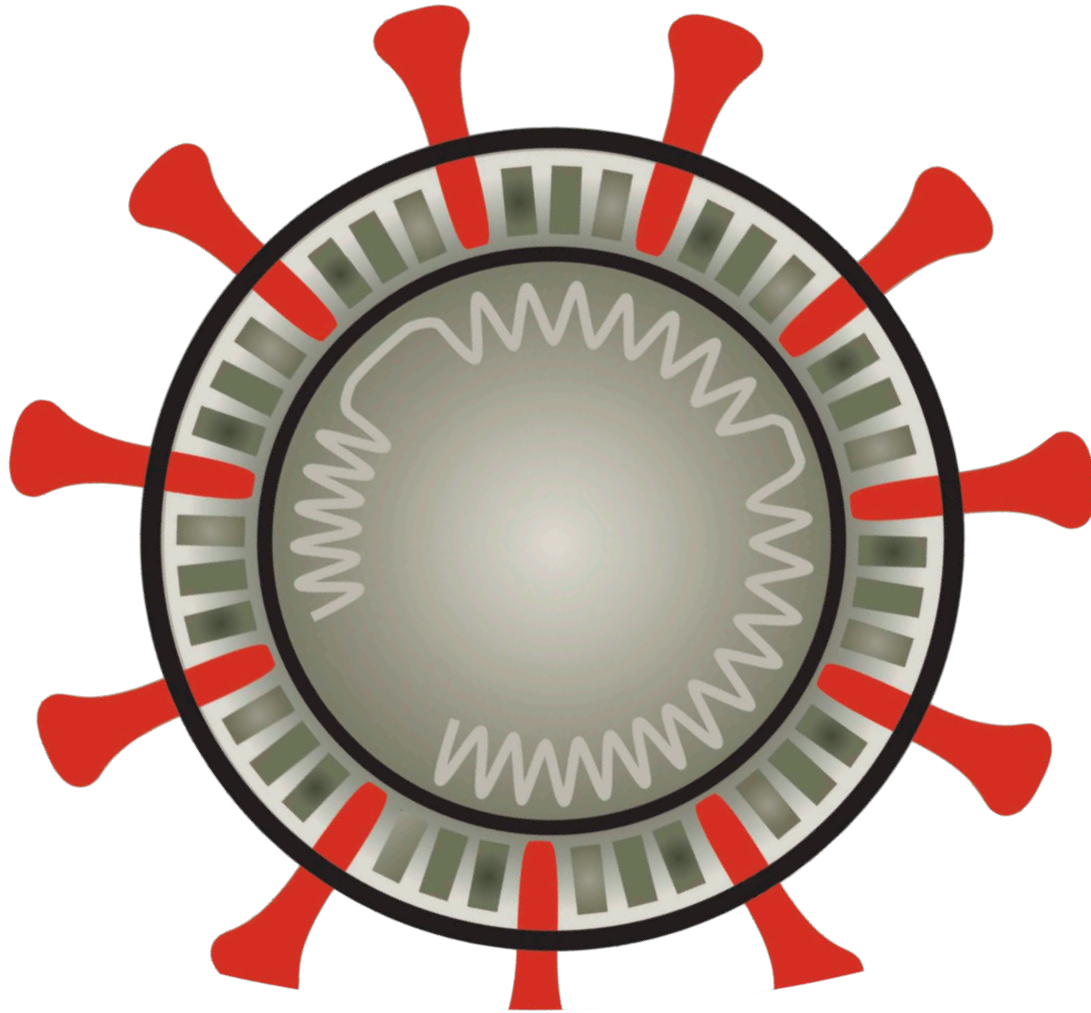
Section IV. Self-Care and Symptom Assessment





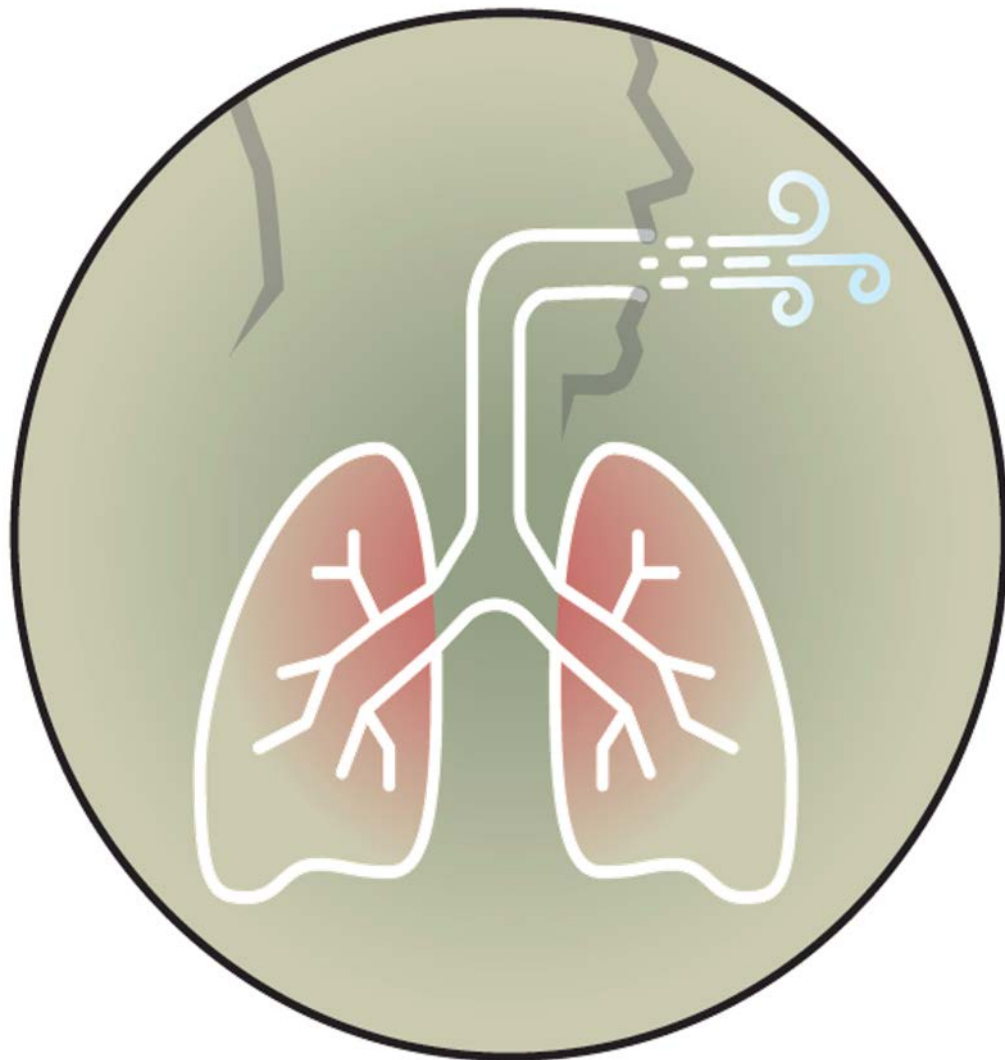
SECTION I: **Understanding COVID-19**





COVID-19 is a disease caused by a coronavirus called SARS-CoV-2. Some people that get COVID-19 develop problems breathing and become seriously ill.





There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with existing medical conditions

While some may be at lower risk, **everyone** needs to take precautions.

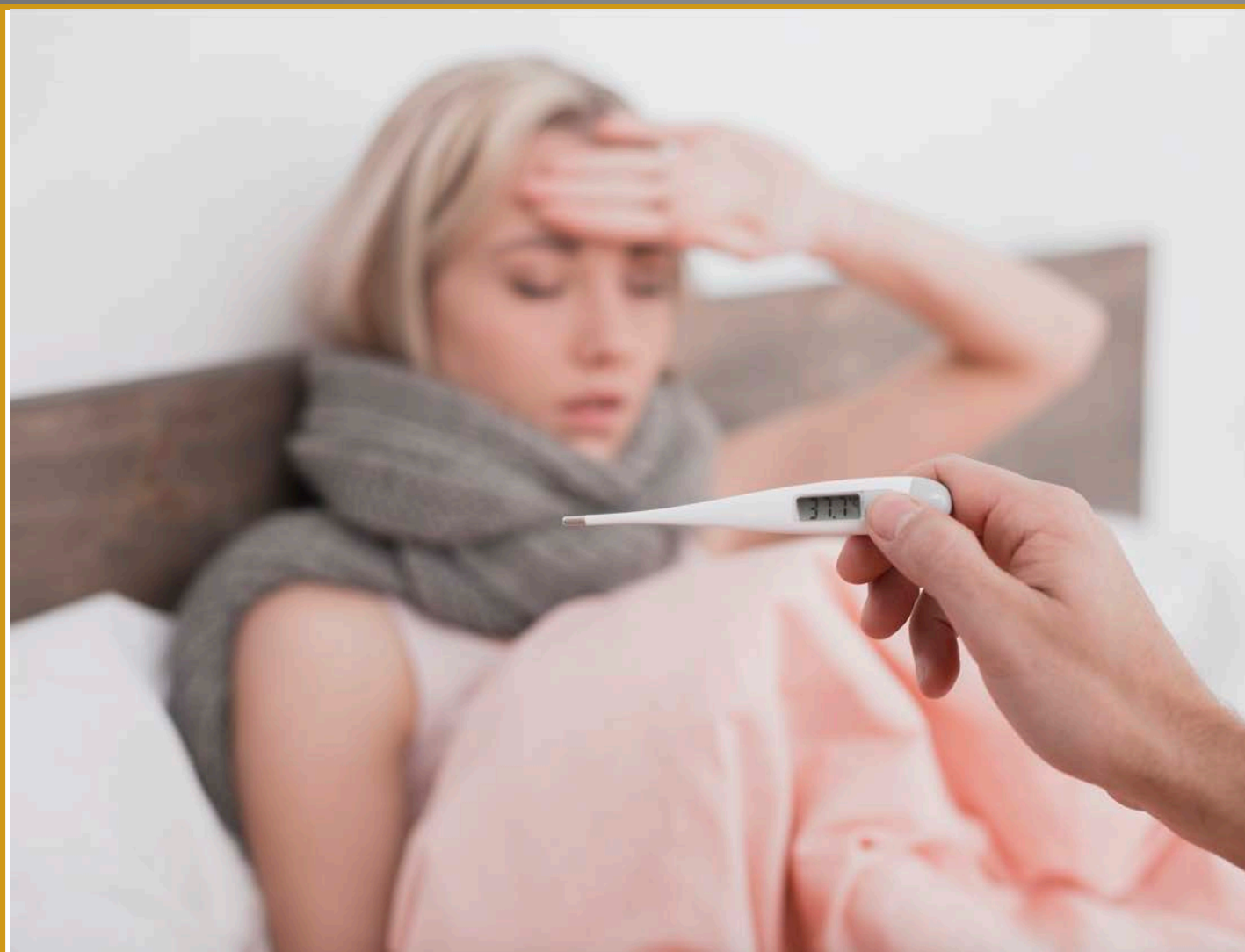




You can become ill from:

- respiratory droplets from coughs or sneezes
- close personal contact with an infected person
- touching something with the virus on it, then touching your eyes, nose or mouth

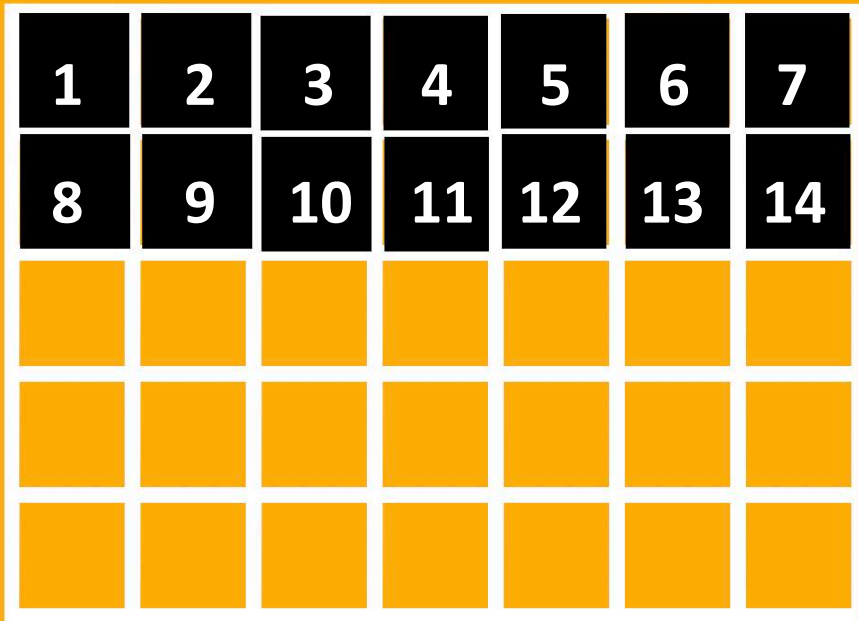




The most common symptoms of COVID-19 include **cough, fever, and shortness of breath.** A runny nose or sore throat may also be present.

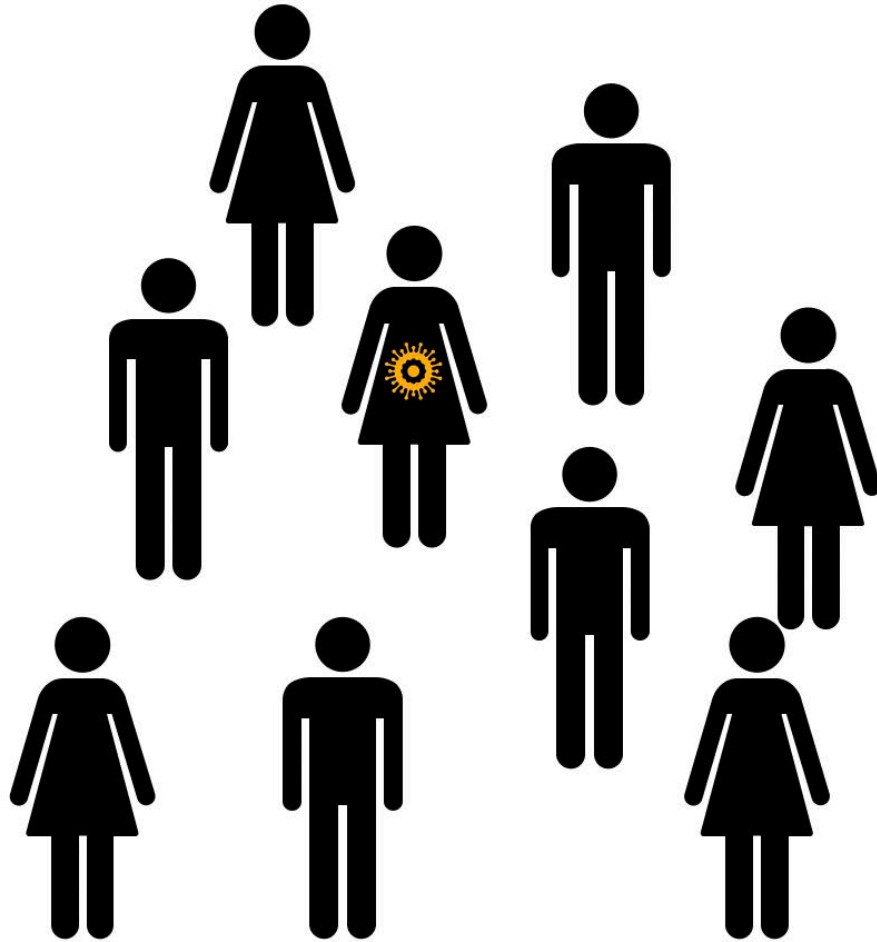
In a small percentage of individuals, the illness results in death.





Symptoms typically appear within 2-14 days after exposure to the virus. In some cases it may take longer for people to become ill.

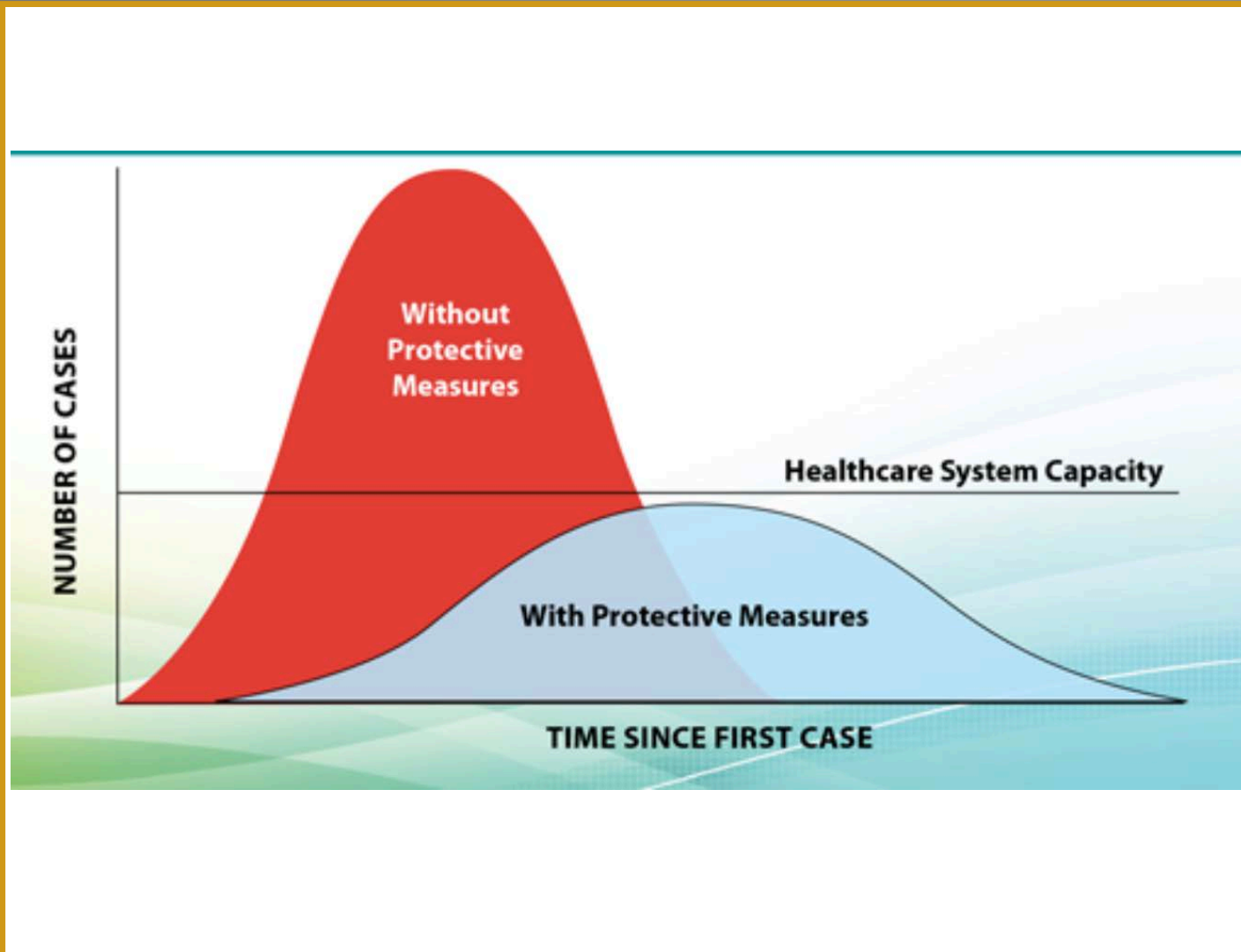




An estimated 25-50% of those infected have **no symptoms** but may still transmit the virus. This includes people who:

- have not yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)





By following the advice of local health authorities the number of COVID-19 cases, at any time, can be reduced. This will prevent the health care system from becoming overwhelmed and provide more time to develop treatments and vaccines.

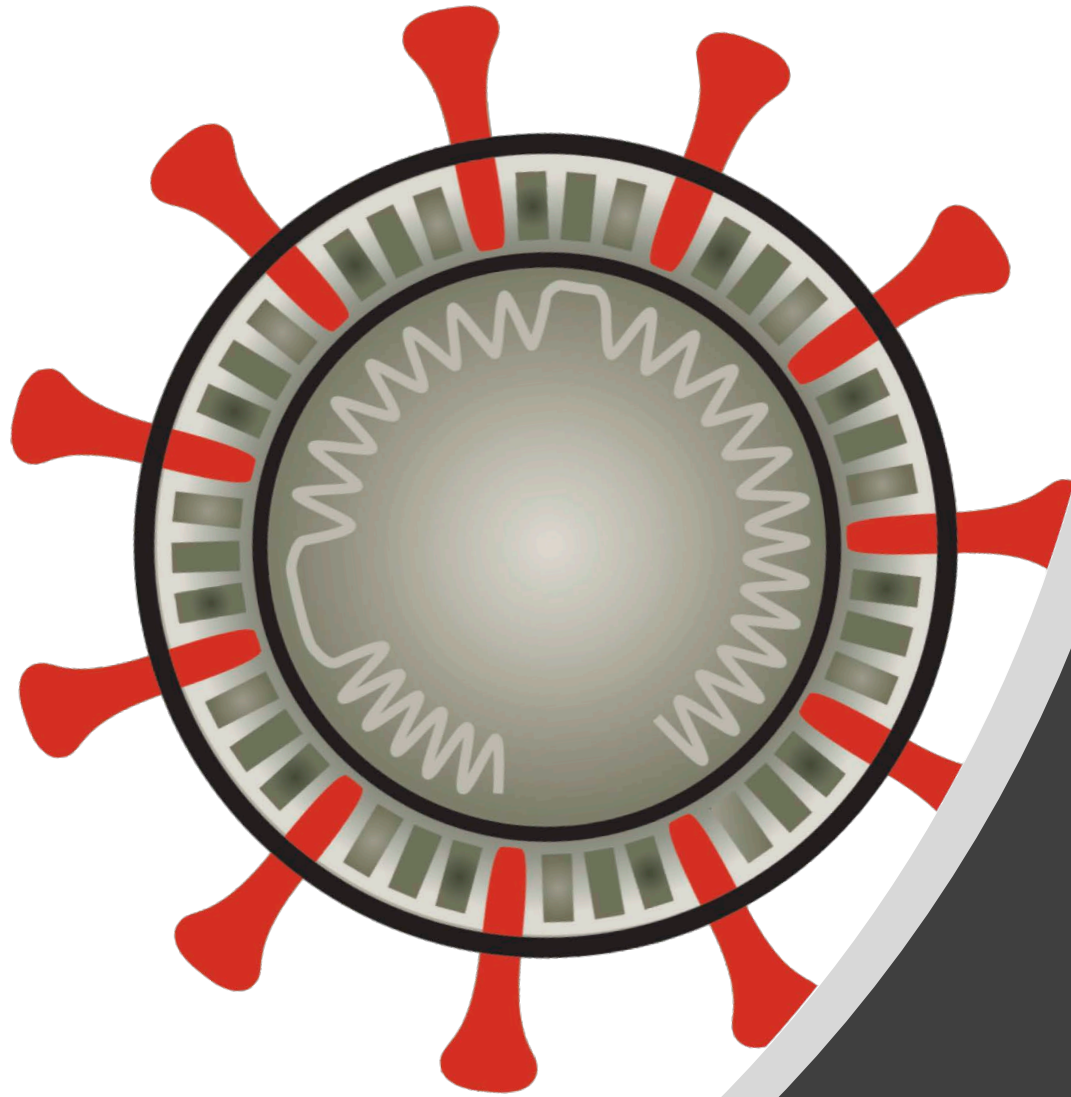




The recommended measures **may change** as the number of cases of COVID-19 rises or falls. Get the most current guidance from trusted sources like the Public Health Agency of Canada and your provincial health authority. Visit:

canada.ca/coronavirus





SECTION II: **Staying Safe at Home**





To avoid illness related to COVID-19, practise “physical distancing”, this means keeping a **2 metre (6 feet)** distance between you and other people you do not live with.





Avoid going outside unless you are going to work, grocery shopping, attending medical appointments or exercising close to home. By reducing unnecessary trips, you can help keep you and your family healthy by reducing the chances of contracting the virus.





Avoid crowded places and non-essential gatherings. Limit contact with people at higher risk like older adults and those in poor health. Each of us has a responsibility to protect ourselves and also others.





You **can** go for a walk outside if you:

- have not been diagnosed with COVID-19
- do not have symptoms of COVID-19
- have not travelled outside of Canada in the past 14 days and in some regions outside of your province
- are not required to isolate

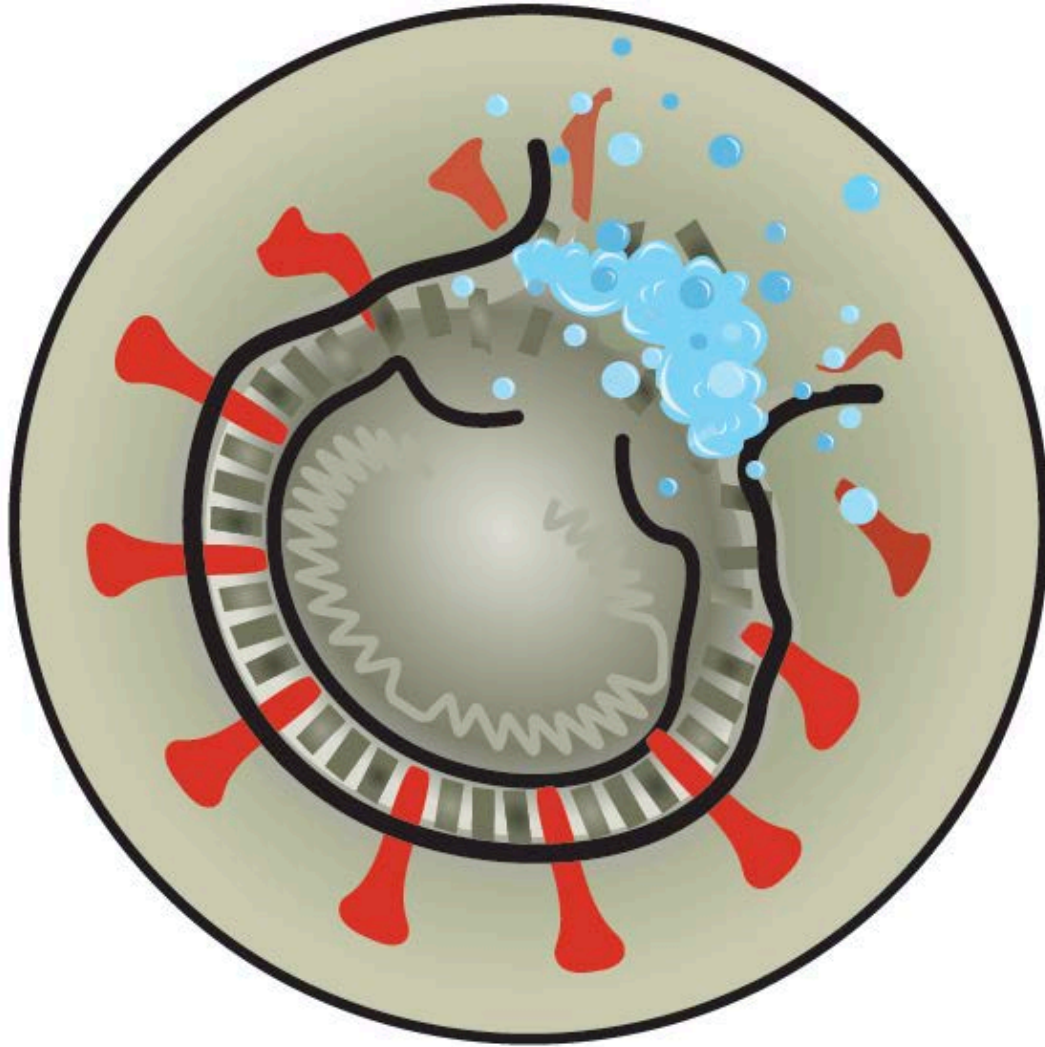




Avoid touching when greeting another person to reduce the risk of virus transmission.

Wave, nod or bow instead of giving a handshake or a hug and stay 2 metres (6 feet) apart.





Remember to wash your hands **frequently** with soap and warm water. The bubbles and foam from soap lather damage the virus and also help remove it from your hands.





Scrub for at **least 20 seconds** with warm water. Frequently clean cloth towels used for drying or use disposable paper towels.



REDUCE THE SPREAD OF COVID-19.

WASH YOUR HANDS.



1

Wet hands with
warm water



2

Apply soap



3

For at least 20
seconds, make
sure to wash:



4

Rinse well



5

Dry hands well
with paper towel



6

Turn off tap using
paper towel



palm and back
of each hand



between fingers



under nails



thumbs

1-833-784-4397

@ canada.ca/coronavirus



Public Health
Agency of Canada

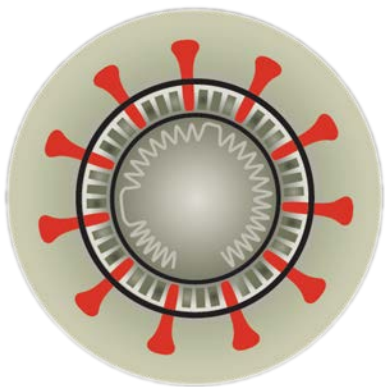
Agence de la santé
publique du Canada

Canada



If soap and water are not available, hands can be cleaned with an alcohol-based hand sanitizer (ABHS) that contains at least 60% alcohol. For **visibly dirty** hands, use a wet wipe first to remove dirt and then use an ABHS.

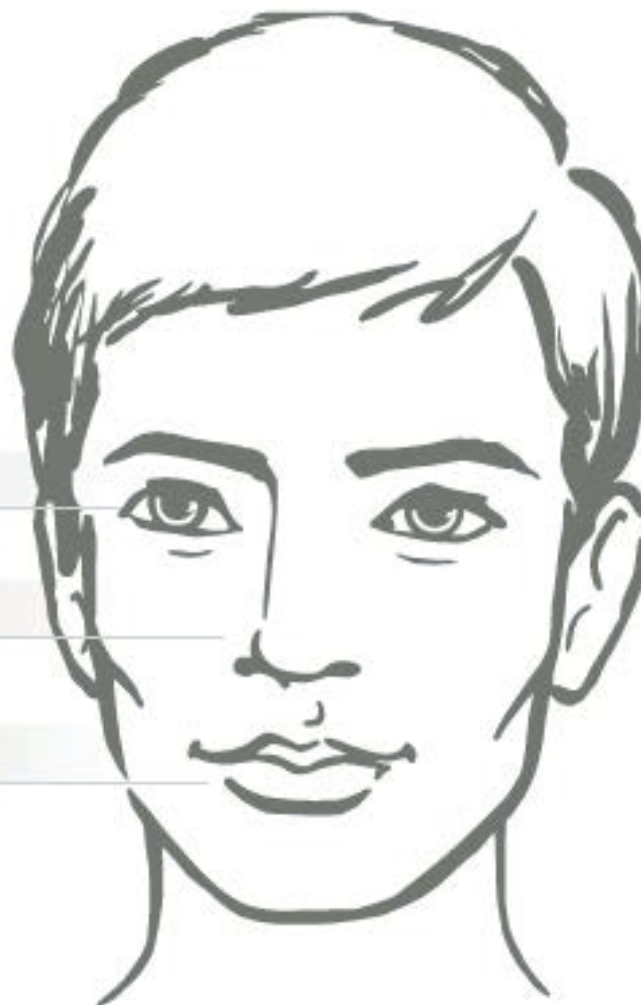




Eye

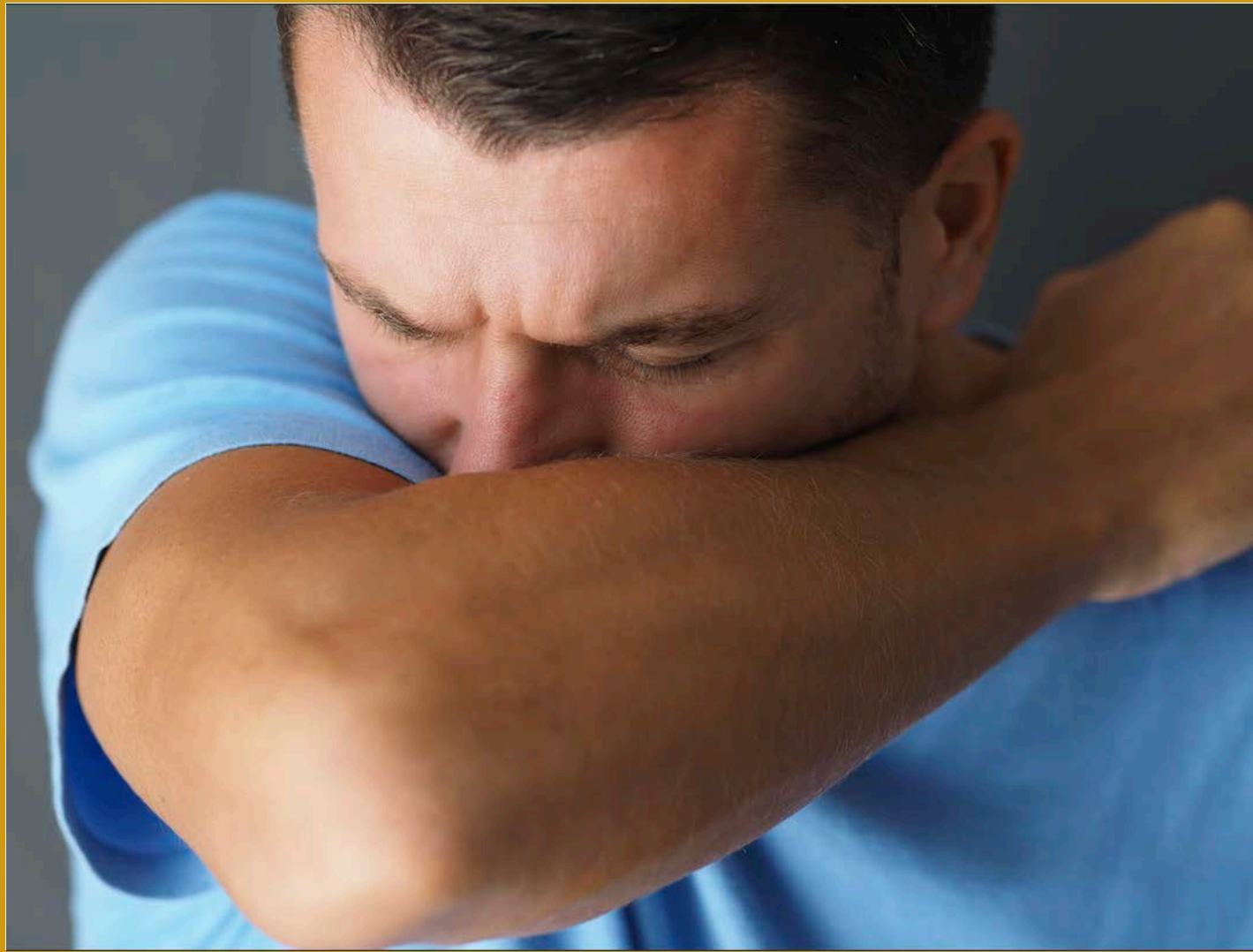
Nose

Mouth



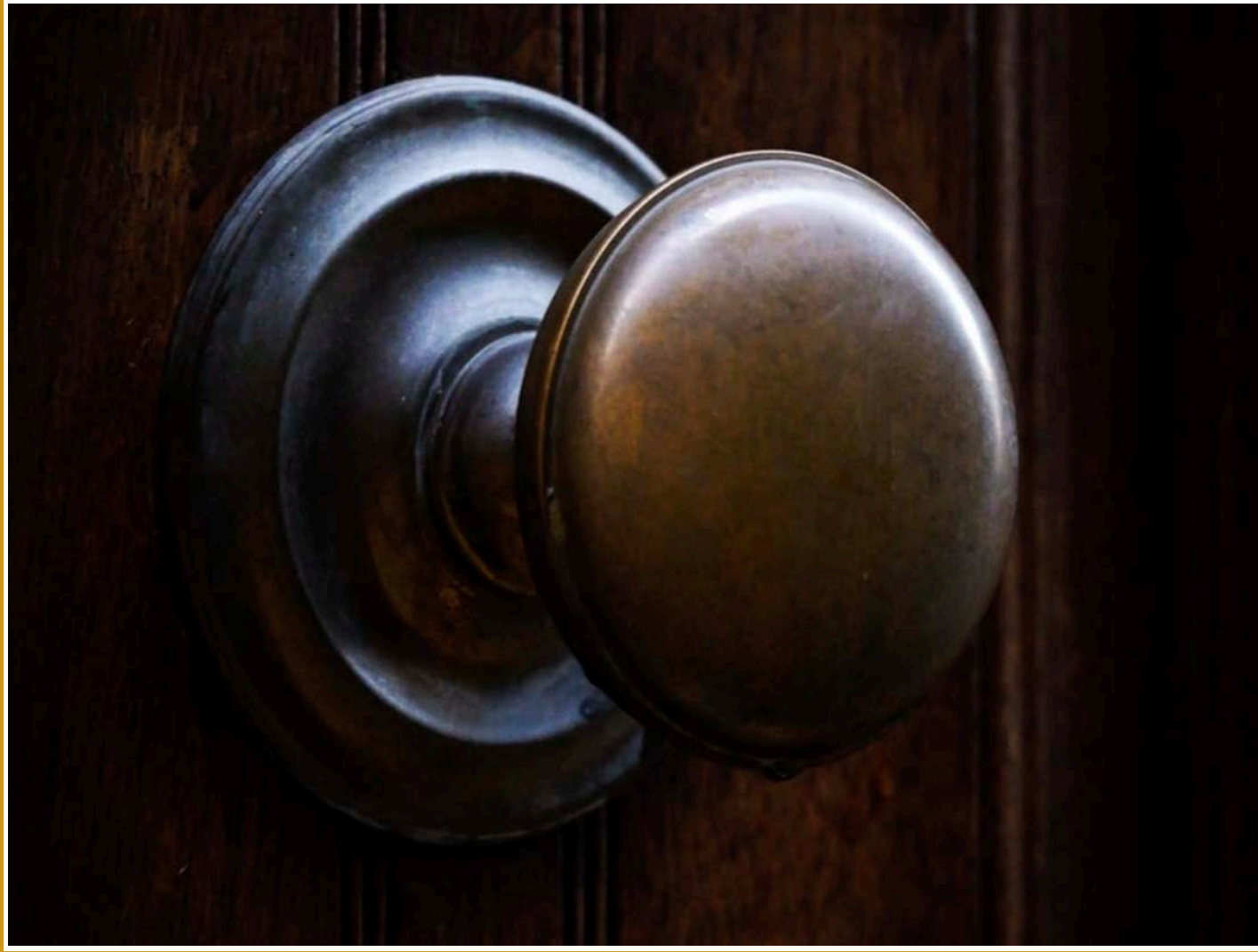
Avoid touching your face, especially with unwashed hands. The virus may be able to enter the body through your eyes, nose and mouth.





Cough and sneeze into your sleeve and **not your hands**. If you use a tissue when you cough or sneeze, dispose of it immediately and wash your hands.





While the risk from surfaces is thought to be low, active virus is more likely to be found on **hard surfaces** such as those made from plastic or steel.





Clean and disinfect **frequently touched** surfaces in your home such as tables, handrails, doorknobs, electronics, countertops, light switches, faucet handles, and cabinet handles.





If a surface is visibly dirty, clean it with soap and water first and then disinfect. To disinfect you can use a diluted bleach solution (**1 part bleach to 9 parts water**) or a commercial product. Bleach **should never** be mixed with any other substance than water.





Use gloves to protect your hands, follow manufacturer's instructions when using disinfectants and wash hands immediately after cleaning.





When shopping, **disinfect the handle** of grocery carts and baskets. Touch only products that you are going to buy. Wash or sanitize hands before entering and after leaving the store.





Once home from shopping, **wash your hands** thoroughly and also after handling and storing your purchased products. There is currently no evidence that food is a likely source or route of transmission of COVID-19.





Wearing a homemade facial covering/non-medical mask **is not** a substitute for physical distancing and hand washing.

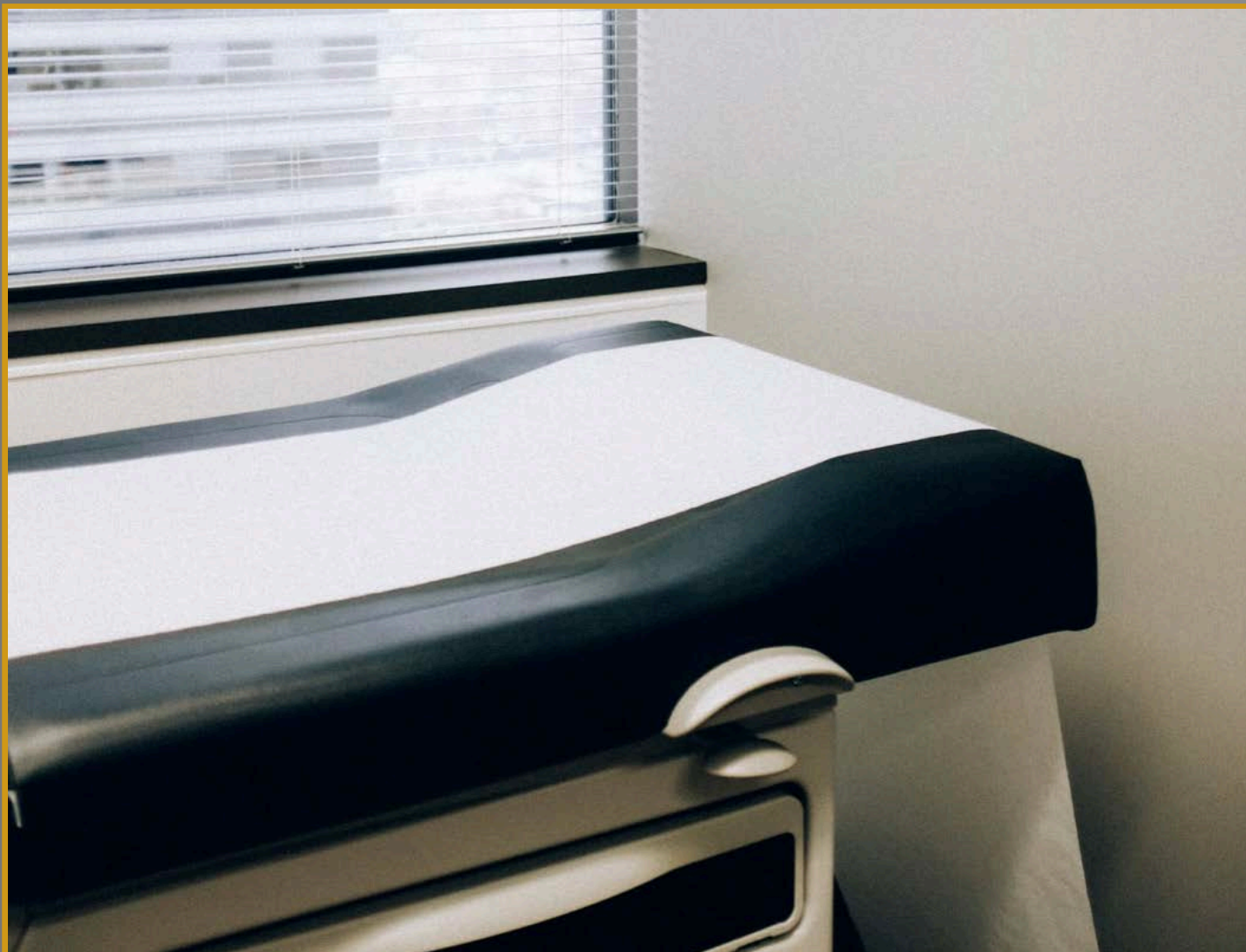
However, it can be an additional measure taken to protect others around you, even if you have no symptoms.





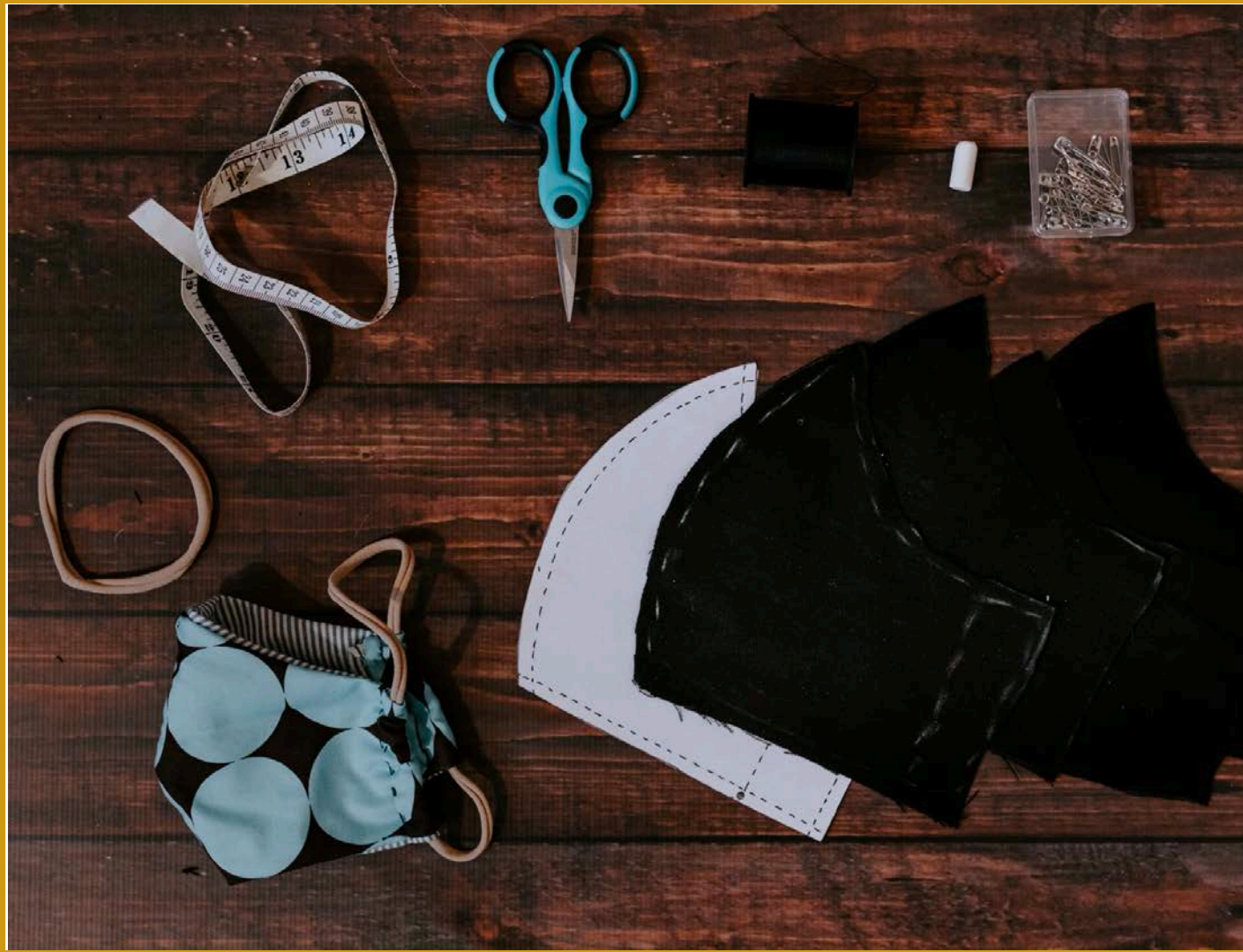
All airplane passengers are **required** to have a non-medical mask or face covering to cover their mouth and nose during travel and for use at the airport. Passengers travelling by rail, bus, or marine transportation are **strongly encouraged** to have a non-medical mask or face covering.





You may also be given a medical-mask when visiting a doctor's office if you have symptoms such as coughing or sneezing. Wearing a non-medical mask or face covering may help to protect vulnerable people with other illnesses even if you have no symptoms.

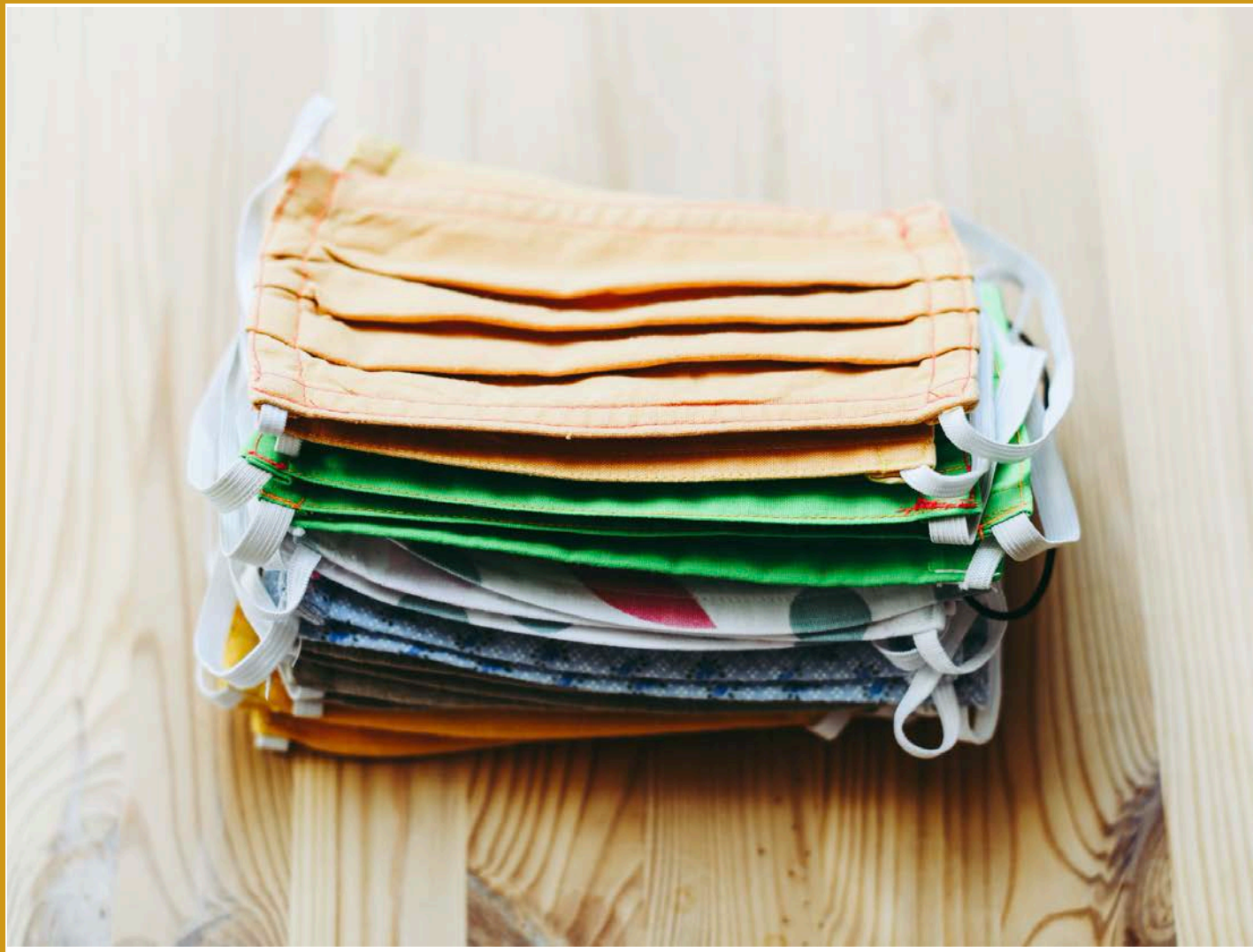




Non-medical masks or face coverings **should not:**

- be placed on children under the age of 2 years
- be placed on anyone unable to remove them without assistance or anyone who has trouble breathing
- be made exclusively of materials that easily fall apart, such as tissues
- be secured with tape or other inappropriate materials
- be shared with others
- impair vision or interfere with tasks

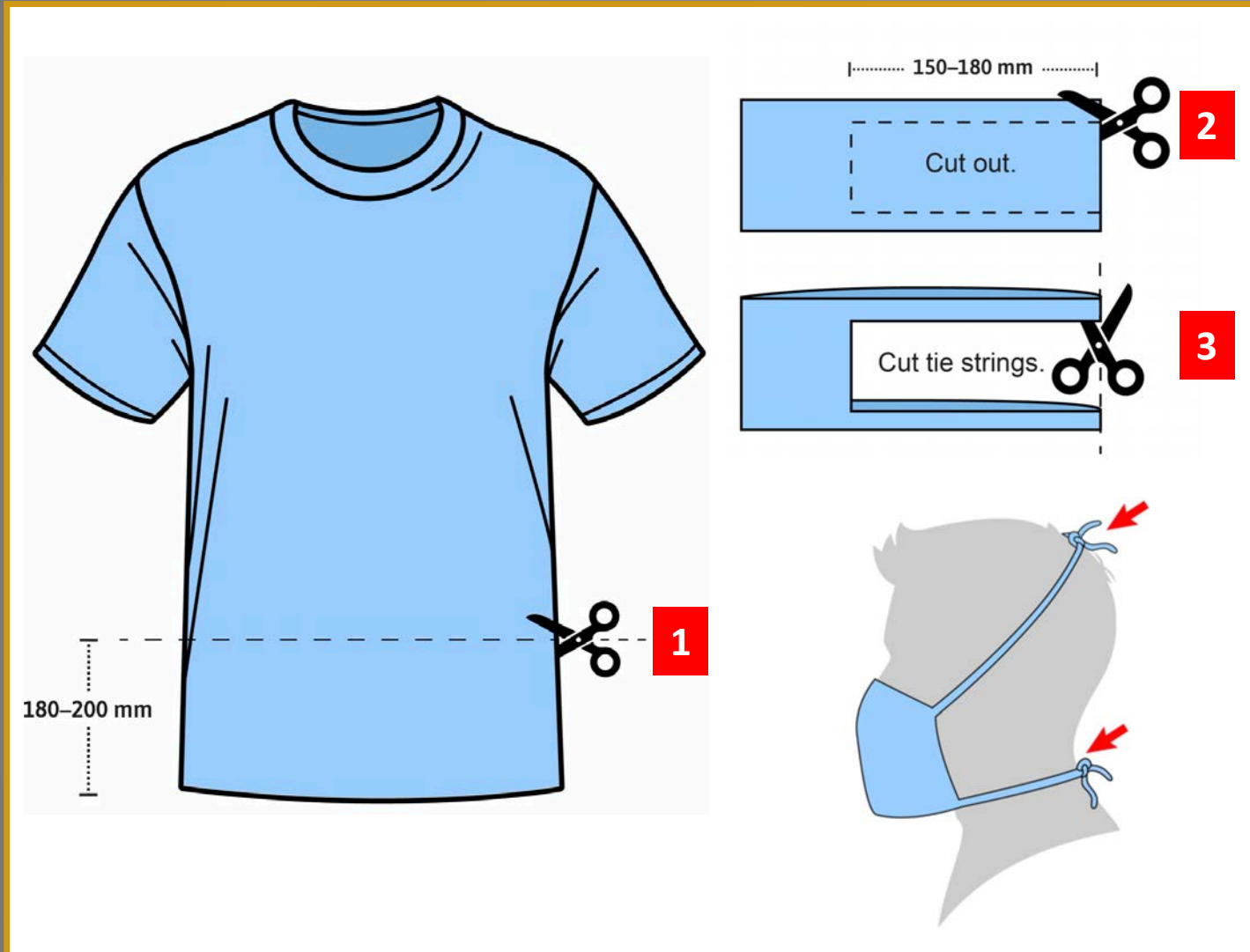




Non-medical face masks or face coverings **should:**

- be made of at least 2 layers of tightly woven material fabric (such as cotton or linen)
- cover the nose and mouth without gaps
- fit securely to the head with ties or ear loops
- allow for easy breathing
- be comfortable and not require frequent adjustment
- maintain their shape after washing and drying





You can make a non-medical mask or face covering from a cotton T-shirt without any sewing and in only three steps.

For additional mask designs visit:
canada.ca/coronavirus





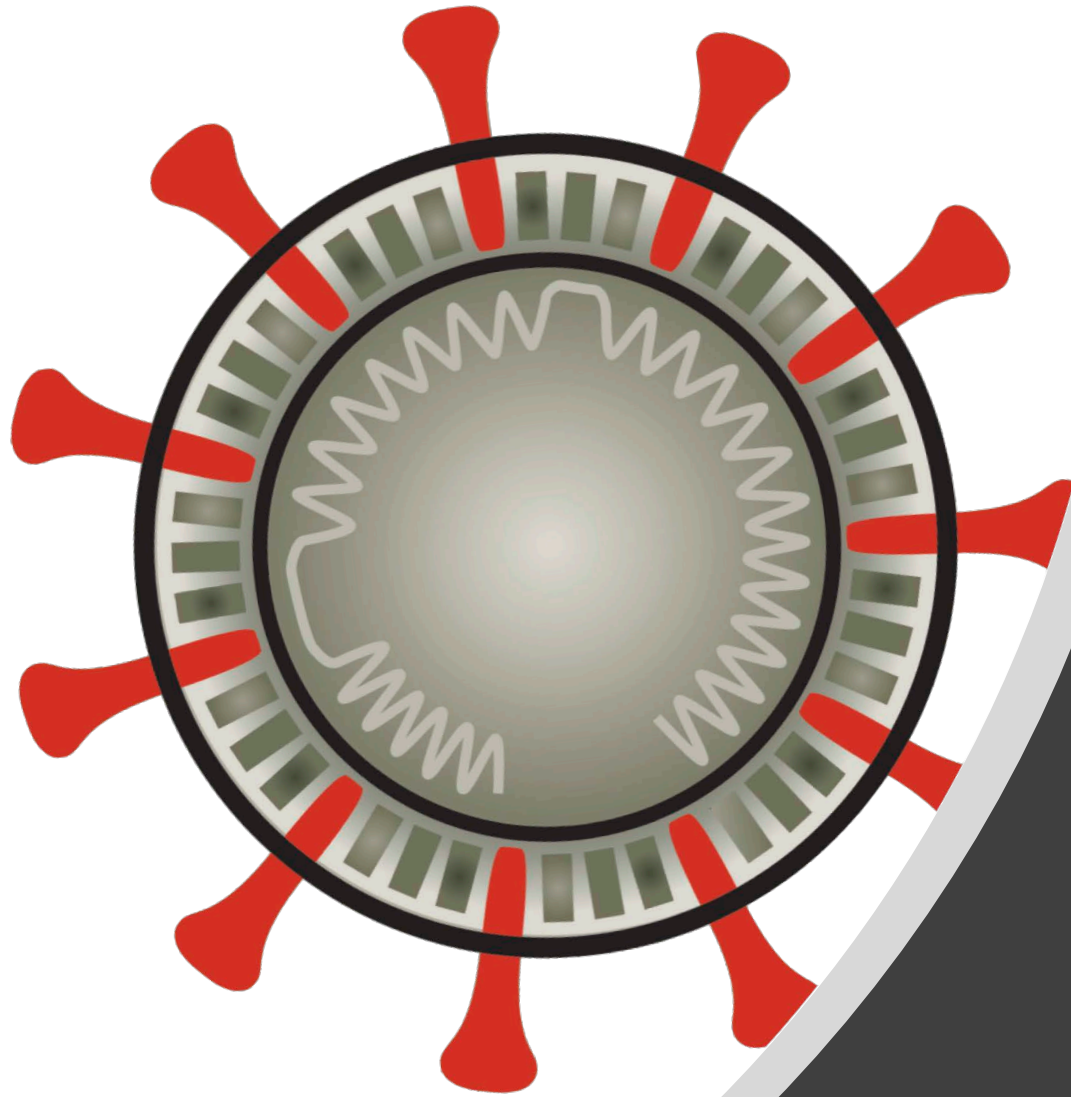
Store your masks in a clean and sealed plastic bag. Wash your hands before putting on a non-medical mask or face covering. **Avoid touching your face** if it is necessary to adjust the mask.





Avoid touching the front of your mask when removing it and wash your hands before and after removal. Before reusing a cloth mask wash it in hot, soapy water or wash it with your laundry.





SECTION III: **Staying Safe at Work**





Due to the highly contagious nature of the COVID-19 virus, preventing infection at work is a shared responsibility.

Everyone has a part to play.





Please **share your ideas** on how procedures at your workplace could be enhanced to reduce the risk of COVID-19 transmission.





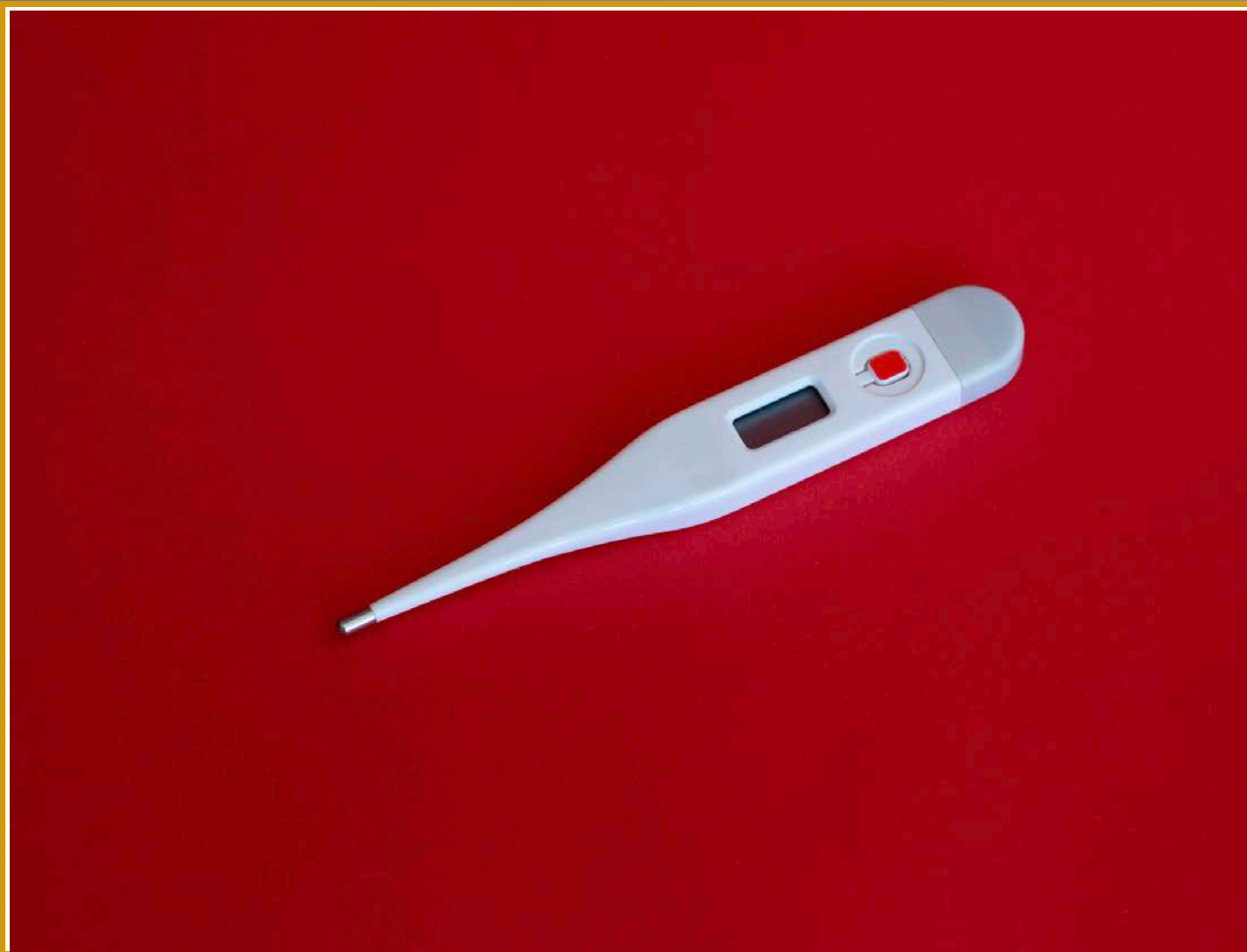
Take the time to learn about and follow the safeguards your employer has implemented for your protection.





Remember to wash your hands frequently and use any **personal protective equipment (PPE)** your employer has provided for you. In some cases the times you start work or take breaks may be changed to promote physical distancing.





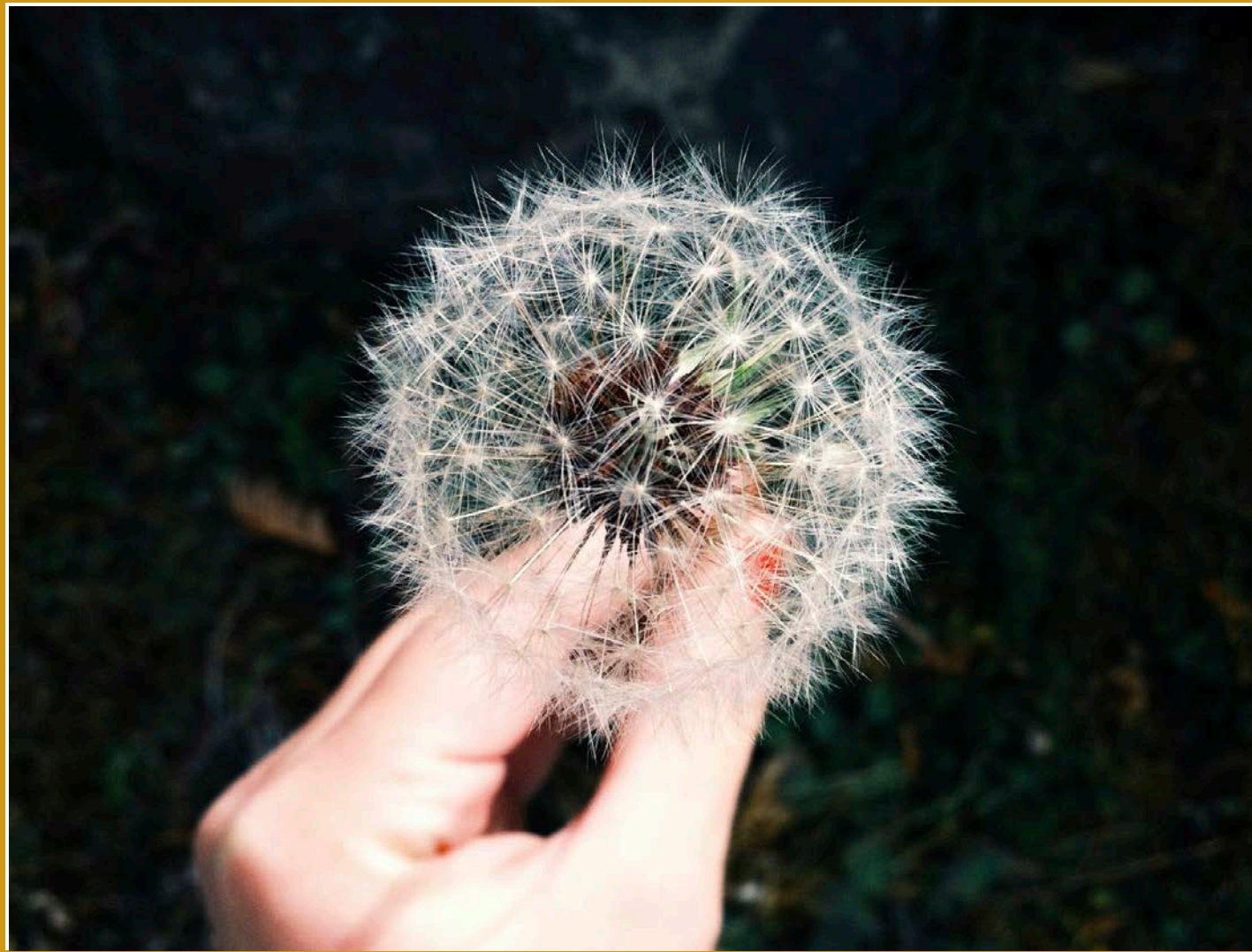
The most important thing you can do is **monitor your own health**. Tell your employer right away, and do not come to work, if you have symptoms of COVID-19 such as cough, fever, shortness of breath, runny nose or sore throat.





Take your temperature every morning at the same time and using the same method. A fever in adults is considered to be 38°C or 100.4°F or higher. Write down the results so you can see any trends.





In some cases your symptoms may be unrelated to COVID-19, such as a runny nose from an allergy. Please contact your doctor and **talk with your employer** as to how best to address this type of situation.





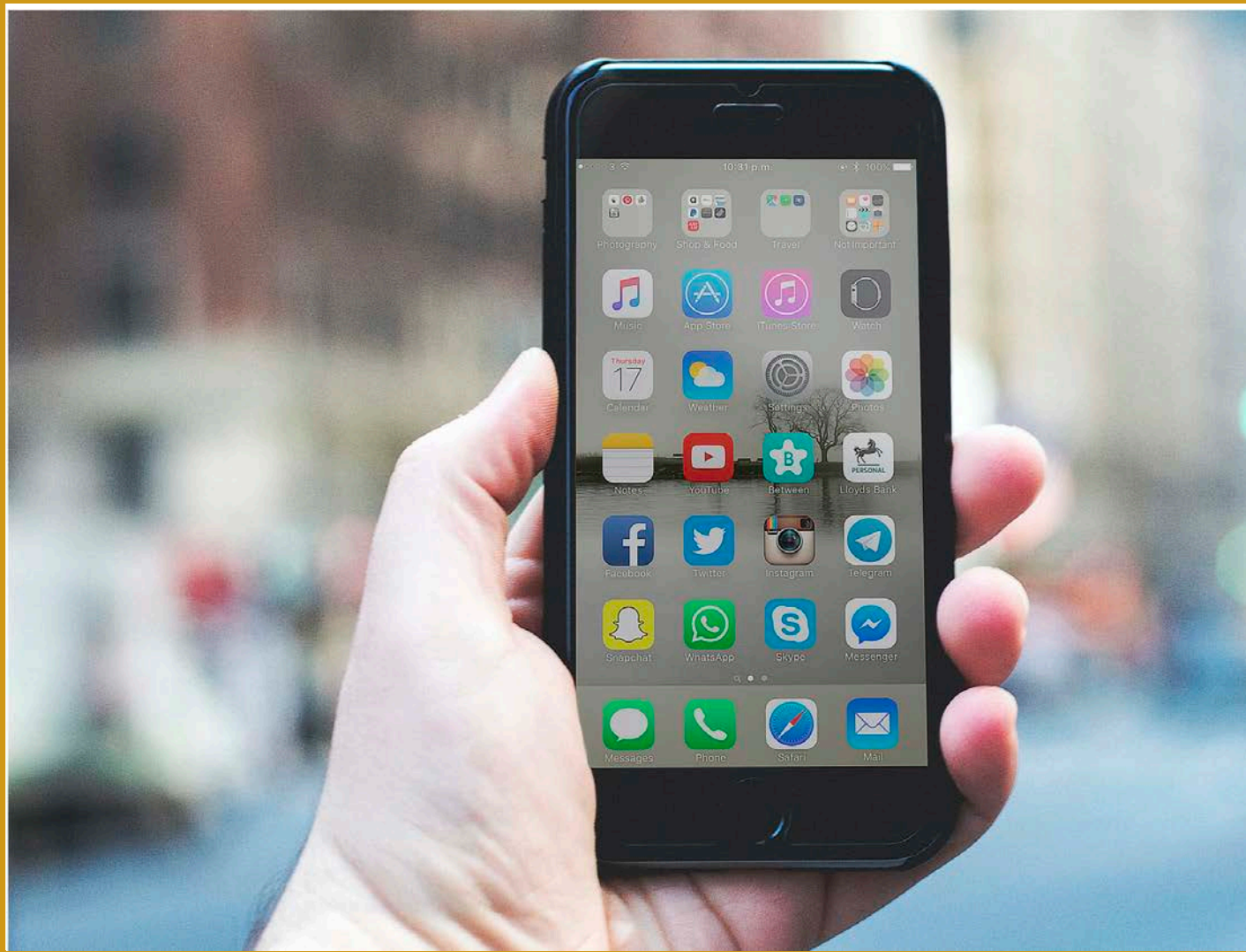
Your employer may also take your temperature upon arrival at work and ask you some questions to verify that you are not experiencing symptoms of COVID-19.





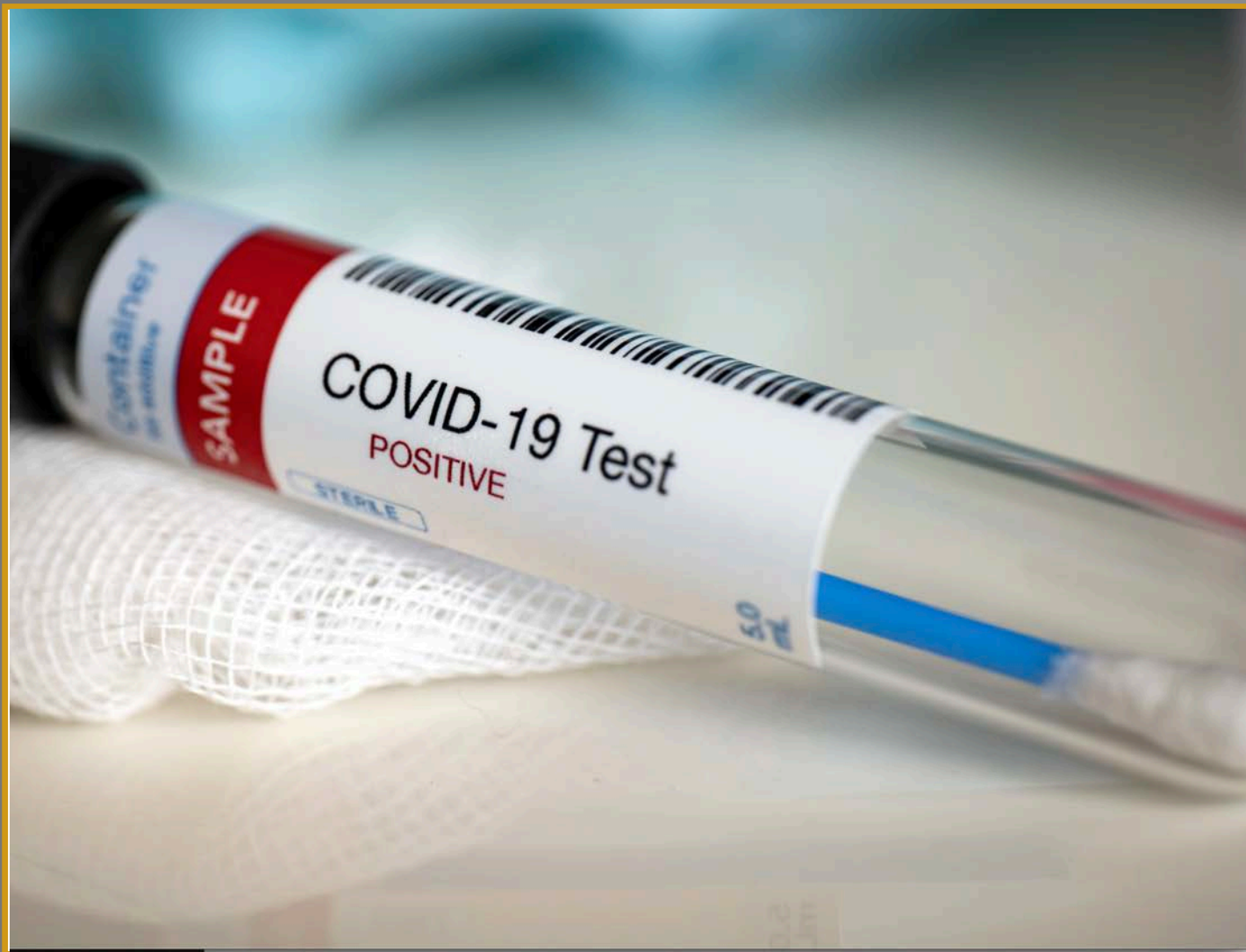
If you have symptoms, or have had close contact with an infected person, you may be tested using a swab sample of your nose or throat. This is a quick procedure which can often be done in a drive-through testing facility. A doctor's referral may be required for testing.





If you are asked to have a COVID-19 test, always **let your employer know** right away. Do this even if you have no symptoms. This information could help prevent illness in other people at your work.





Your COVID-19 test result will be either positive or negative. A **positive** result means that the virus has been detected in your sample and you are required to isolate even if you have no symptoms. A **negative** result means the virus has not been detected. It is possible that testing may need to be done more than once.





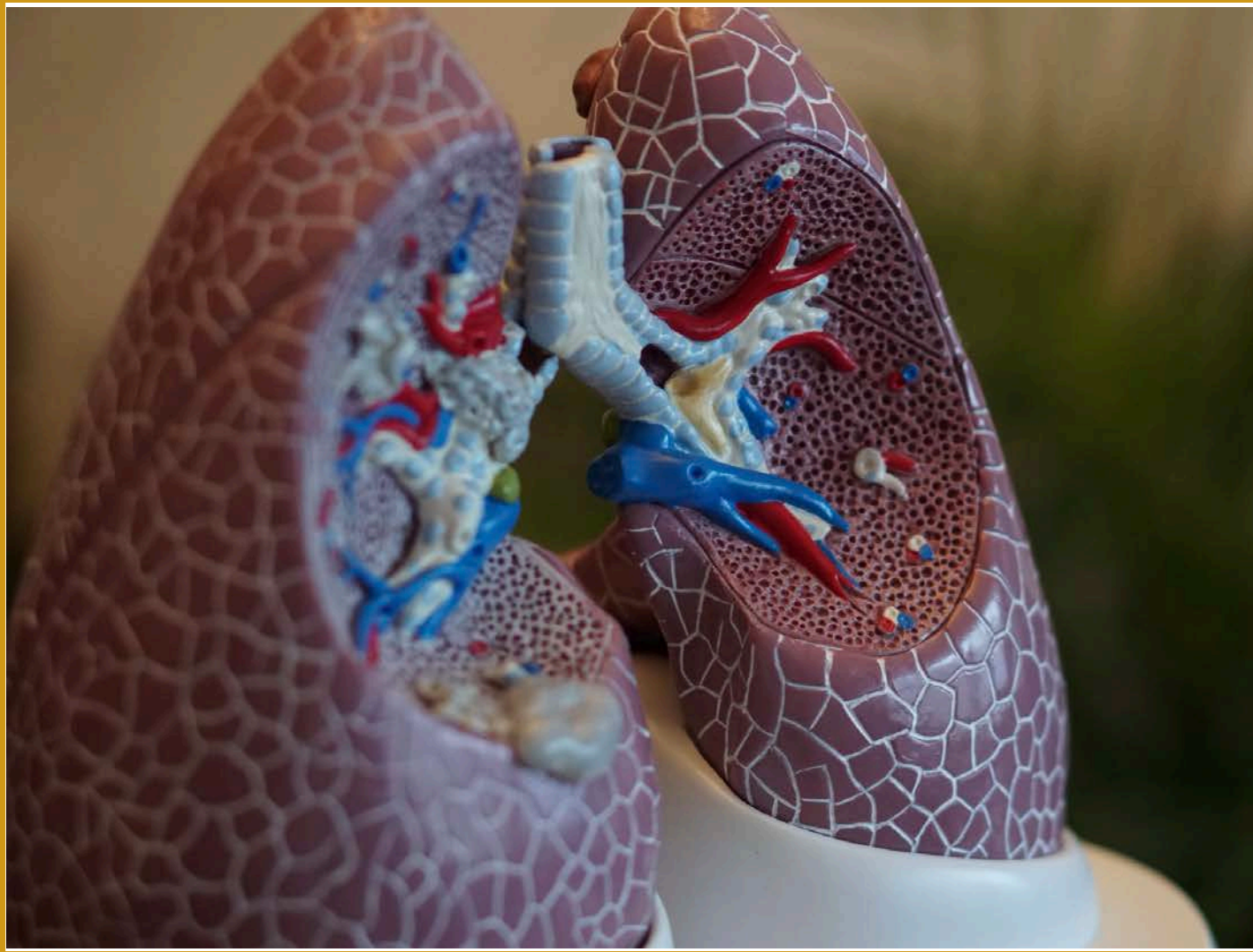
If you test positive and are confirmed as having COVID-19, **immediately inform** your employer. Also notify those that live with you and any other close contacts so they can also self-isolate.





If you do have symptoms and/or test positive ask your provincial health authority about when you can return to work. Your employer may have additional requirements such as a doctor's note. You will need to be **free of symptoms and fever** without the use of fever-reducing medications such as acetaminophen (Tylenol) or ibuprofen (Advil).





Please let your employer know if you may be at higher risk related to COVID-19 illness due to chronic health conditions (such as asthma etc.) or use of medications that may suppress your immune system. You **must take every precaution** to avoid infection.





Car pooling can increase the risk of transmission of the virus because there is not sufficient space between passengers to allow for physical distancing. A face covering **worn by all passengers** in the vehicle may offer some protection if car pooling cannot be avoided.





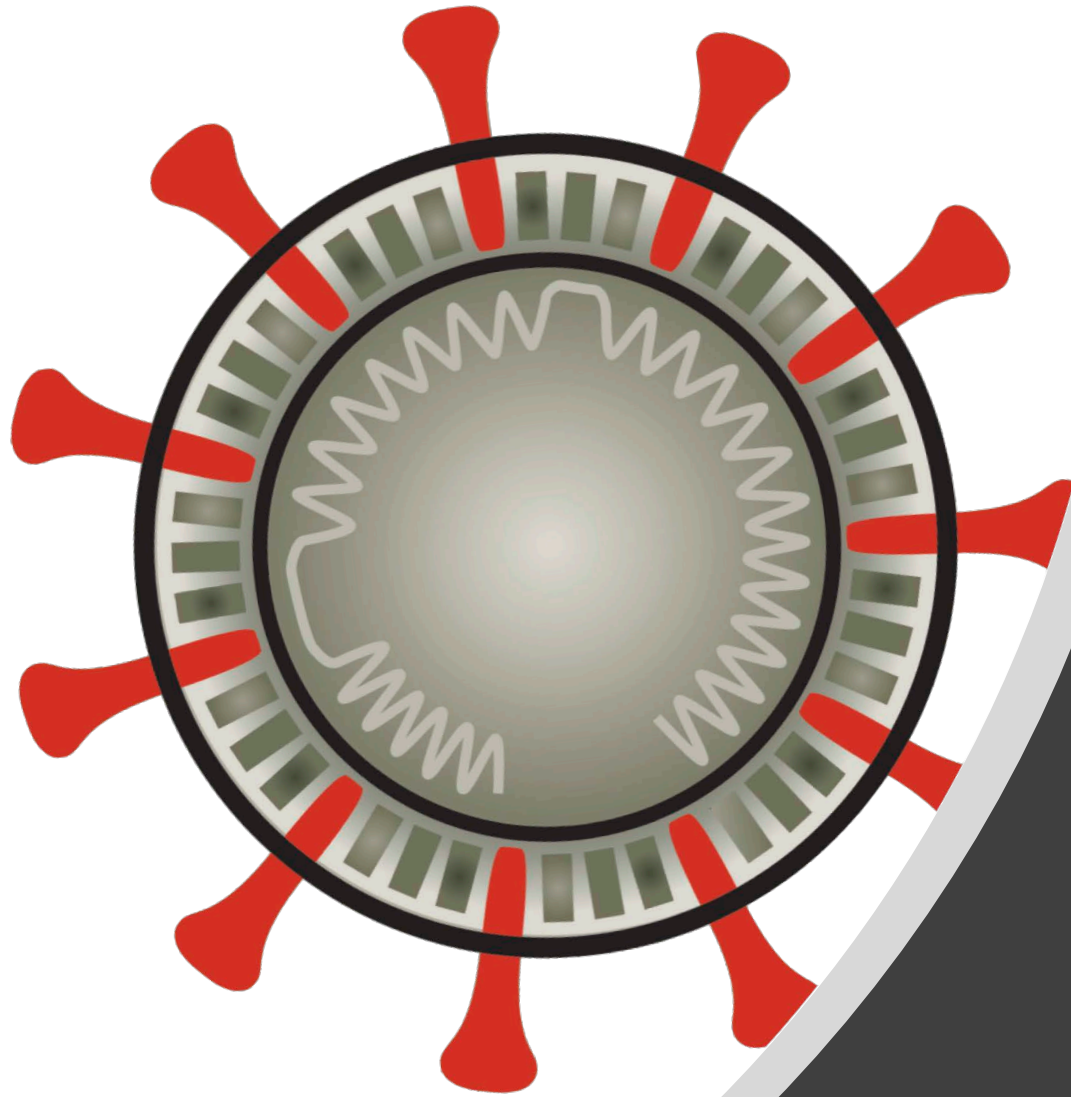
Be careful to **maintain physical distancing** in areas where lines can occur. This may include entrances, exits, cafeterias, changing rooms, staircases, sinks and areas where equipment is picked up or dropped off.





Let your employer know **in advance** about any travel outside of your province as you may be required to self-isolate and will not be able to come to work upon your return.





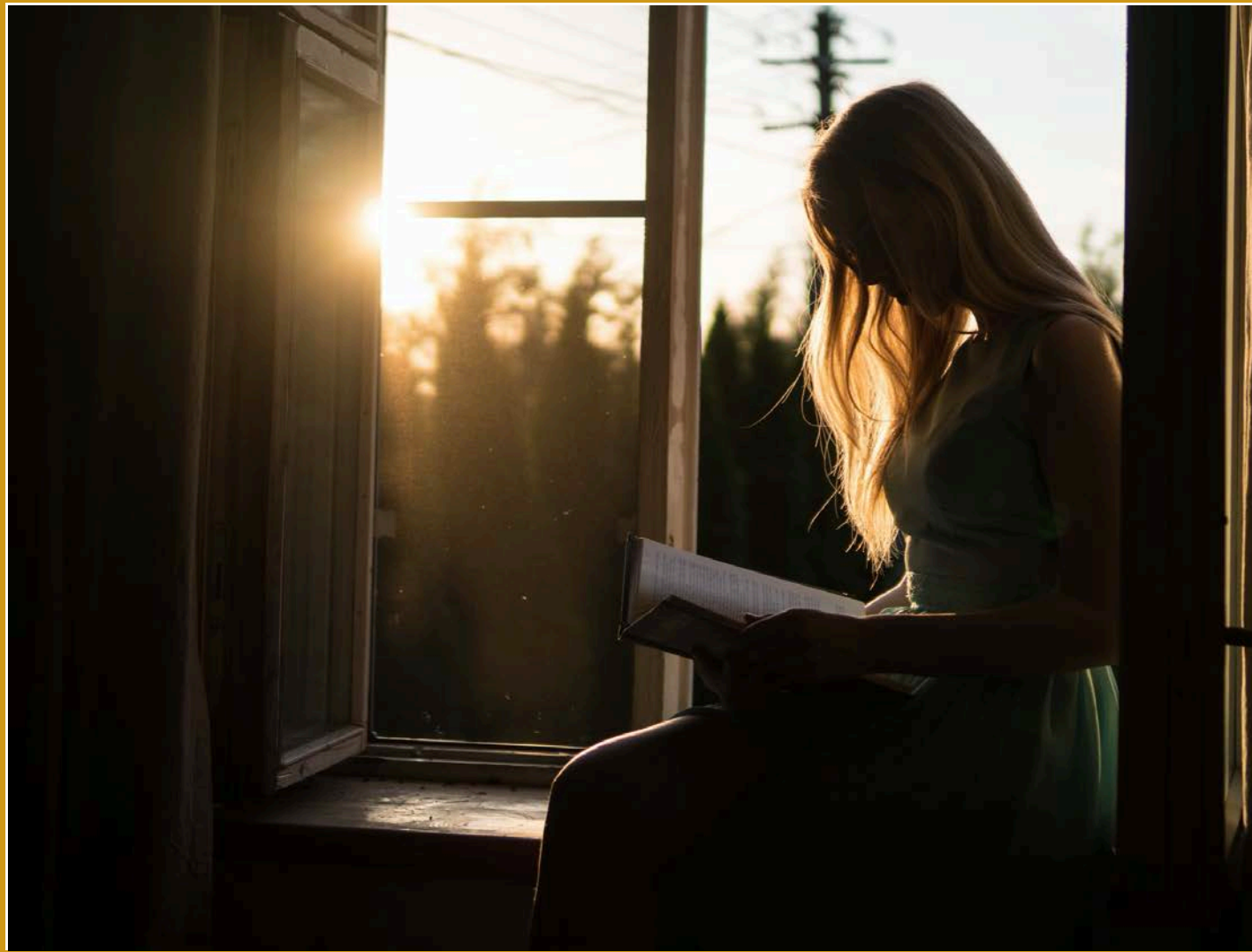
SECTION IV: **Self Care and** **Assessment**





It is very important to take care of your **mental health** during the pandemic. Feelings of fear, stress, confusion and worry are normal in a crisis. People may react in different ways.





Care for your mental and physical health by:

- taking breaks from the news and social media
- try to eat healthy meals, exercise regularly, and get plenty of sleep
- spend time with the people in your household and email or phone your family and friends
- access online resources such as those from your local library





If you can, limit your use of substances such as alcohol and cannabis etc. If you do use these substances, practise safer use and good hygiene.

For mental health and substance use support visit:

ca.portal.gs/

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support



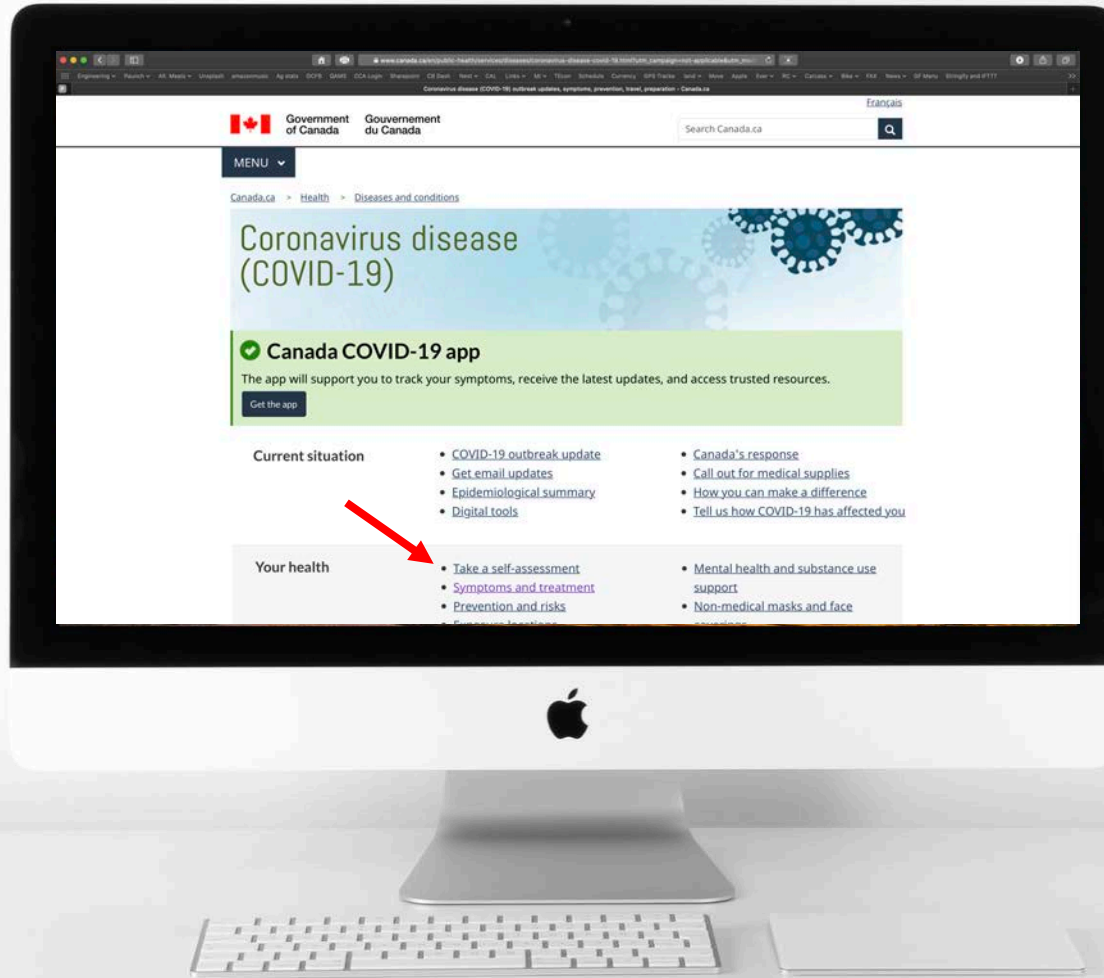


Ask for help if you feel overwhelmed. If you need additional support, call your doctor, a registered psychologist or other mental health provider in your community. If you are in crisis, please contact:

Kids Help Phone (5-29 yrs)
1-800-668-6868

Crisis Services Canada (all ages)
1-833-456-4566





If you are feeling ill, and have access to the internet you can complete an **on-line self-assessment** for COVID-19 at the website below;

canada.ca/coronavirus





If you, or someone in your household, are experiencing any of the following symptoms **call 911**:

- severe difficulty breathing (e.g., struggling for each breath, speaking in single words)
- severe chest pain
- having a very hard time waking up
- feeling confused
- lost consciousness

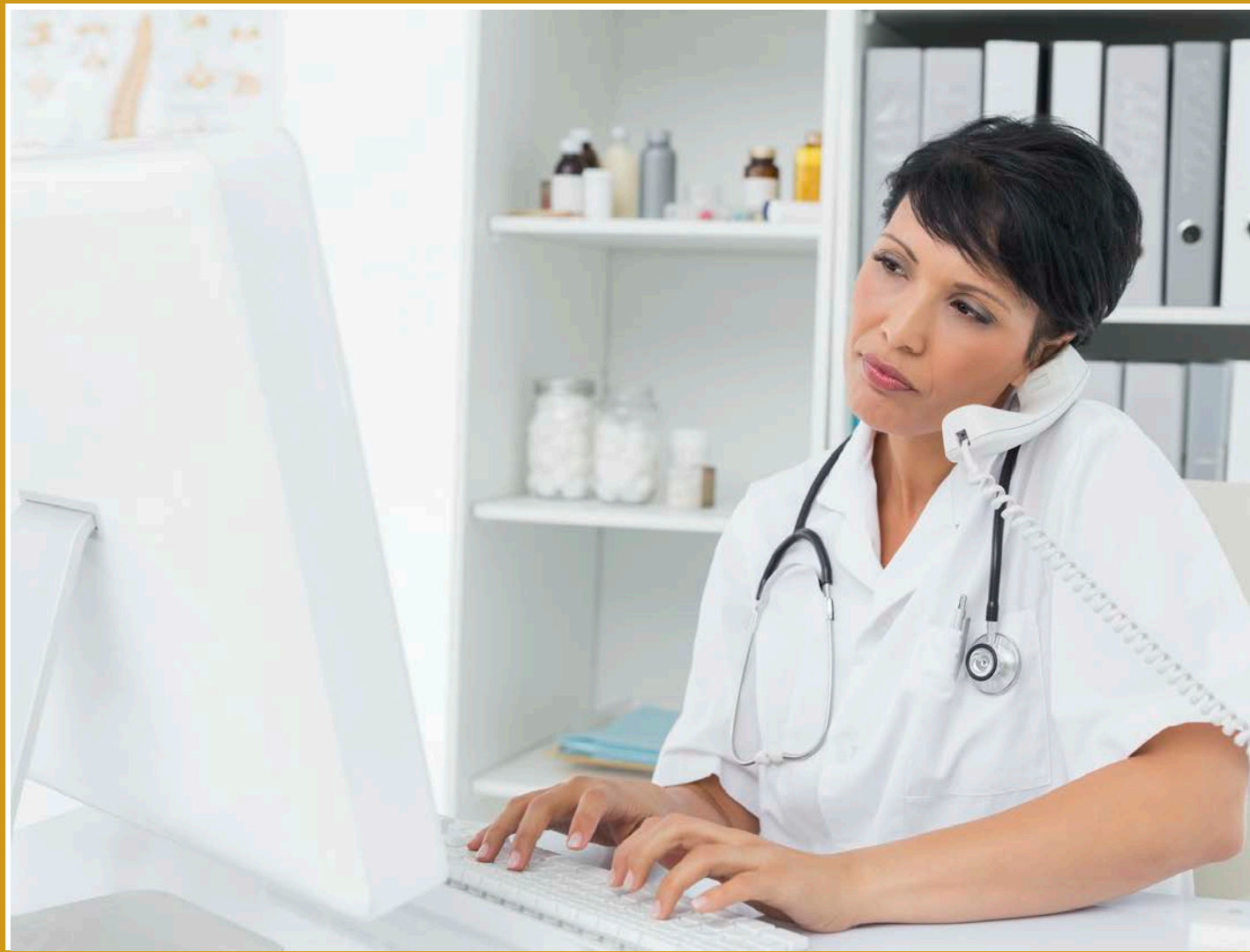




If you are experiencing any of the following symptoms call your doctor or the provincial health authority:

- shortness of breath at rest
- inability to lie down because of difficulty breathing
- chronic health conditions that are now difficult to manage because of your current respiratory illness





Use the numbers below to get **non-urgent** medical advice from the local health authority in each province:

- Alberta and provinces not listed below: 811
- Ontario: 1-866-797-0000
- Manitoba: 1-888-315-9257
- Nunavut: 867-975-5771

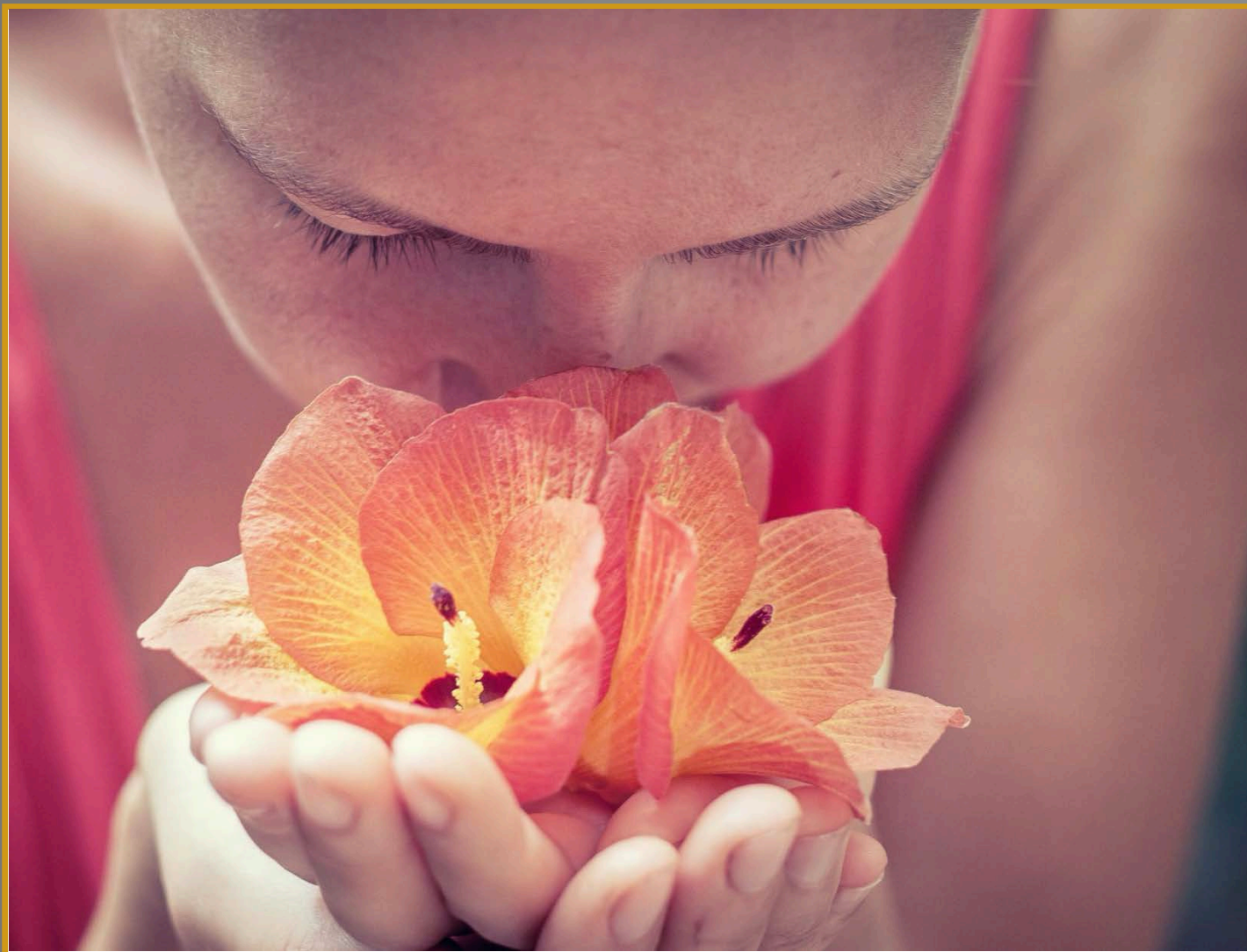




If you are experiencing any of the following symptoms **isolate yourself** from others as recommended by your local health authority:

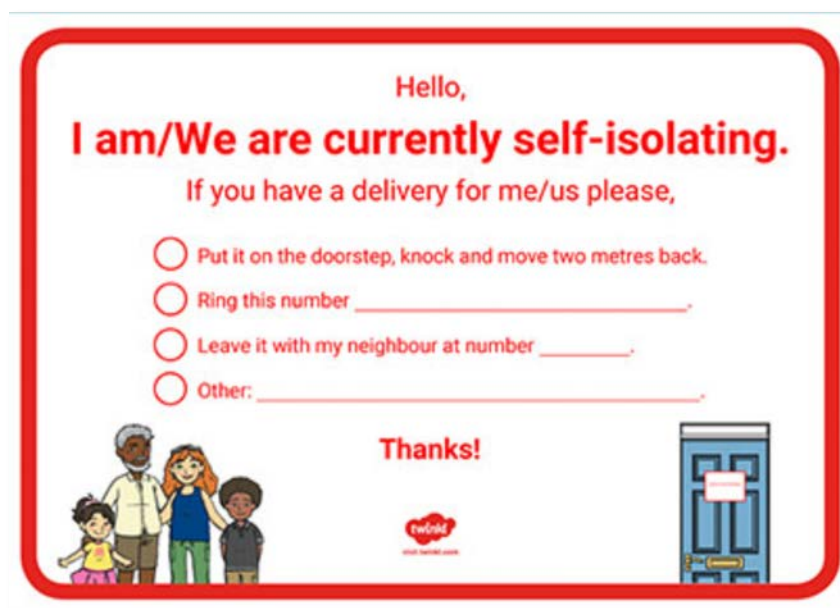
- fever
- cough
- shortness of breath
- difficulty breathing
- sore throat
- runny nose





A new **loss of taste or smell** may also be a sign of COVID-19, especially when it is present along with other symptoms. Please talk to your doctor or provincial health authorities about any other symptoms that are severe or concerning to you.





When you are self-isolating remember the following;

- Place a notice on your door.
- Do not visit a hospital, physician's office, lab or healthcare facility without calling ahead.
- Don't go out except to get medical care and don't have any visitors.





Let your family or friends know if you are isolating, this is especially important if you live alone. Ask for their help with grocery shopping or check with local stores that might offer free or low-cost delivery for people who are isolating. Have someone **check on you daily** by phone or email.





If you have COVID-19 symptoms and have to be in contact with others at home, practise physical distancing and keep at least 2 metres between yourself and another person. If possible, stay in a separate room and use a separate bathroom from others in your home.





Medical masks **are recommended** for COVID-19 patients in the home and for protection for those providing direct care to COVID-19 patients at home.





Don't share your food or personal items like dishes, utensils, toothbrushes, bed linens or towels. Remember to wash your hands often when you are ill.





When ill, place your laundry, including non-medical cloth masks and facial coverings, into a container with a plastic liner and do not shake.

- Wash with regular laundry soap and hot water (60-90°C), and dry well.
- Clothing, linens and non-medical cloth masks and facial coverings belonging to the ill person can be washed with other laundry.



If other people are present in the home with a sick person, it is important to clean and disinfect frequently touched surfaces daily. This includes toilets, laundry containers, bedside tables, doorknobs, phones and television remotes.





Most people with mild coronavirus illness will recover on their own in approximately two weeks. If you are concerned, monitor your symptoms and consult your doctor. They may recommend steps you can take to relieve symptoms.



Daily Self-Monitoring Form for COVID-19

Name: _____ Date symptoms started (if applicable): _____
Self-monitoring start date: _____ (e.g., date arrived in Canada or date of last exposure to a COVID-19 case)

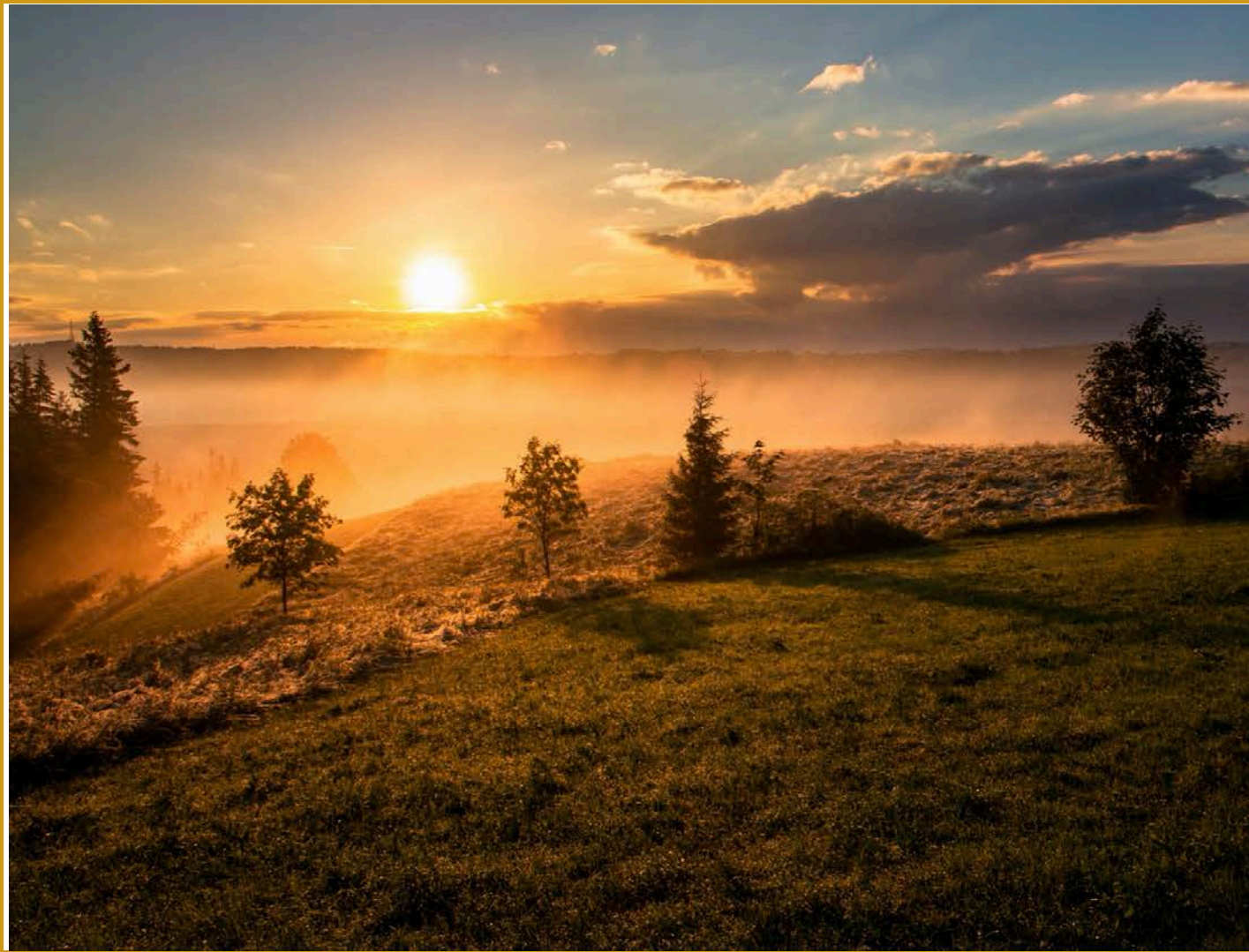
* Avoid the use of fever-reducing medicines (e.g., acetaminophen/Tylenol, ibuprofen/Advil) as much as possible. Fever-reducing medicines could hide early symptoms; if these must be taken, speak with your health care provider.

Self-monitoring day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date (MM/DD)														
Daily temperature* (degrees Celsius)	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
NO SYMPTOMS ✓														
Pay attention to your health. If you develop any symptoms write YES or NO below for each symptom daily.														
Chills														
Conjunctivitis (pink eye)														
Cough														
Diarrhoea (loose stool/poop)														
Fatigue (tired)														
Runny nose														
Short of breath or difficulty breathing														
Sore throat														
Other (add in notes) loss of appetite, loss of taste or sense of smell, nausea & vomiting, muscle aches, headache, new chest pain etc.														

NOTES:

It can be helpful to record your symptoms daily. If they get worse call your doctor or the local health authority. **Call 911** immediately if you, or someone in your household, are struggling to breathe or speak, have severe chest pain, having a very hard time waking up, feeling confused or losing consciousness.





Remember, even once you have recovered you **should still** follow the public health recommendations related to COVID-19 including hand washing and physical distancing.





Thank you for completing this course and for all your work to help feed Canadians during the COVID-19 pandemic.

For the most current information visit:
canada.ca/coronavirus

