CAPE BRETON
REGIONAL MUNICIPALITY

COVID19 Information Kit

COVID19 General information:

novascotia.ca/coronavirus

or canada.ca/coronavirus
or call the toll free line at 1-833-784-4397

NS Department of Health: 1-800-387-6665

Should you get tested:
811.novascotia.ca/
or call 811

ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

SYMPTOMS

Symptoms may be very mild or more serious.

They may take up to 14 days to appear after exposure to the virus.

FEVER

COUGH

DIFFICULTY BREATHING

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

PREVENTION

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds

- avoid touching your eyes, nose or mouth, especially with unwashed hands

- avoid close contact with people who are sick

- when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs
  - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards

- clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.

- stay home if you are sick to avoid spreading illness to others

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance

- call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions

- if you need immediate medical attention, call 911 and tell them your symptoms.

FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397 | canada.ca/coronavirus | phac.info.aspc@canada.ca

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NOVEL CORONAVIRUS (COVID-19)

Nova Scotia's health care system is actively monitoring and testing for potential cases of the novel coronavirus (COVID-19). This work includes:

- establishing a patient screening process for use by front-line health care workers
- monitoring and investigating potential cases
- applying effective public health and infection control measures
- establishing working groups focused on disease surveillance, health system impact monitoring, models of care, supplies and resource management
- working with Nova Scotia's Emergency Management Office and other non-health partners on business continuity planning
- sharing accurate, up-to-date information with our partners and Nova Scotians

GOOD HYGIENE IS THE BEST DEFENCE

There are currently no vaccines available to protect you against the novel coronavirus. Nova Scotians are encouraged to think about the actions they can take to stay healthy and prevent the spread of any respiratory illness, including COVID-19.

Practice good hand hygiene —
Wash or sanitize hands often, particularly:

- Before and after preparing or eating food
- After touching pets
- After handling waste, dirty laundry or bathroom use
- Whenever hands look dirty
- After shaking hands

Washing with soap and water is preferred – rubbing hands together removes visible dirt and germs. Use disposable paper towels (preferred) for drying hands or a reusable towel that is laundered often.

If soap and water are not available (and your hands are not visibly dirty), use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the fronts and backs of both hands, between all fingers and rub hands together until they feel dry.

Use cough/sneeze etiquette

- Cover coughs and sneezes with a tissue. Dispose used tissues in the garbage and wash your hands or use an alcohol-based hand rub immediately after OR
- Cough/sneeze into your elbow, not your hand

Avoid touching your eyes, nose and mouth with unwashed hands

Clean high-touch surfaces and objects often (at a minimum of daily or as needed)

Viruses can live on surfaces for several days. Frequent cleaning and disinfecting of high-touch surfaces and objects can reduce germs and prevent infection.

- Clean and disinfect items like doorknobs, light switches, railings, elevator buttons, toilets, desks and tabletops daily – wash using soapy water, then disinfect using household cleaning products (follow the directions on the label) or a solution of 1-part bleach to 9-parts water
- Disinfect phones, remote controls, computers and other handheld devices with 70% alcohol or wipes
- Wash or launder clothing, sheets and towels on a regular basis.
- Dispose of garbage on a regular basis. Wash hands after.

MAKE A PLAN - BEING PREPARED IS GOOD ADVICE ANY TIME

- All Nova Scotians should have an emergency kit and basic supplies that you/your family may need for up to 72 hours. No panic-buying or stockpiling.
- Ensure prescriptions are filled.
- Think about what you will do if you or a member of your family becomes sick and needs care.
- Talk to your employer about working from home if you need to self-isolate or care for a family member who is ill.
- Communicate with family and friends. Let them know you're making a plan. Share yours with them. Check in on each other and run essential errands should one of you become ill.
- If you become ill, stay home until you are no longer showing symptoms.

GET ACCURATE INFORMATION

The situation with COVID-19 is rapidly evolving. Find accurate, up-to-date information, including when to seek help at:

- **Province of Nova Scotia:** novascotia.ca/coronavirus

Other Resources:

- **Government of Canada:** canada.ca/coronavirus
- The Public Health Agency of Canada has established a new **Coronavirus Information Line**: 1-833-784-4397

CORONAVIRUS DISEASE (COVID-19)
VULNERABLE POPULATIONS AND COVID-19

While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.

Vulnerable populations may include:

Anyone who is:

- An older adult
- At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- Difficulty reading, speaking, understanding or communicating
- Difficulty accessing medical care or health advice
- Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- Ongoing specialized medical care or needs specific medical supplies
- Ongoing supervision needs or support for maintaining independence
- Difficulty accessing transportation
- Economic barriers
- Unstable employment or inflexible working conditions
- Social or geographic isolation, like in remote and isolated communities
- Insecure, inadequate, or nonexistent housing conditions

How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- Know more about COVID-19 by visiting **canada.ca/coronavirus**
- Keep up-to-date about the current situation in your community
- Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- Review your business continuity plan so you and your staff know what to do
- Plan ahead for potential disruptions
- Identify and plan how to continue providing the most critical services
- Partner with organizations that provide similar services to share resources and strategies
- Be prepared to answer questions from staff, volunteers, and clients
- Consider stockpiling general supplies and **cleaning supplies**
- Prepare for shelters and communal space limitations

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For Nova Scotia Residents:

COVID-19: When to call 811

We are experiencing higher than normal call volumes. It will take longer than usual to respond to your call. We are working hard to respond to all calls as quickly as possible. Thank you for your patience.

To help you better understand if you need to talk to 811, here is a simple questionnaire.

If you answer Yes to any of the questions under Section A and Yes to Question B, call 811:

Section A

Within the past 14 days:

- I have travelled outside of Canada
- I have been in close contact (within 2 meters) with a person with a confirmed case of COVID-19
- I have been in close contact with a person with a fever greater than 38 C or who has a cough and has travelled outside of Canada within the past 14 days

Section B

- I have a fever greater than 38 C or a new cough

If you answer Yes to any of the questions in Section A but No to the question in Section B:

- and you have traveled to Italy, Iran, or Hubei Province in China, self-isolate for 14 days from the date you returned to Canada and self-monitor your health. If you develop a fever greater than 38 C or a cough, call 811.
- or you have traveled outside of Canada in the past 14 days or have been in close contact with a person who has a confirmed case of COVID-19 or a person you suspect may have COVID-19, self-monitor your health. If you develop a fever greater than 38 C or a cough with 14 days of your return to Canada, call 811.

Section C:

You have traveled anywhere outside of Canada and you are a member of one of the following groups:

- Civil Servant;
- Public Sector Employee (provincial government);
- Health Care Worker (e.g. Doctor, Nurse, Physiotherapist or any other health care provider);

- Teacher;
- Student of Public School; or
- Children who attend regulated day care centres

If you have answered Yes that you are a member of any one of these groups, you are required to stay at home and self-isolate for 14 days after your return to the country.

If you answered No to all the questions in this questionnaire and

- you are looking for general information on COVID-19, please visit novascotia.ca/coronavirus or canada.ca/coronavirus or call the toll free line at 1-833-784-4397.
- you are looking for information on future travel, how to self-isolate or other information, please visit canada.ca/coronavirus or call the toll free line at 1-833-784-4397.

Last updated: March 13th, 2020

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19

FEVER

COUGH

DIFFICULTY BREATHING

	SELF-MONITORING	SELF-ISOLATION	ISOLATION
	You have: ▸ no symptoms AND ▸ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days	You have: ▸ no symptoms AND ▸ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19	You have: ▸ symptoms, even if mild AND ▸ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19
	SELF-MONITOR means to: ▸ **monitor yourself** for 14 days for one or more symptoms of COVID-19 ▸ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible	**SELF-ISOLATE** means to: ▸ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days ▸ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic	To be **ISOLATED** means to: ▸ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others ▸ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
	You need to **self-monitor** if: ▸ you have reason to believe you have been **exposed to a person** with COVID-19 ***OR*** ▸ you are in **close contact** with older adults or medically vulnerable people ***OR*** ▸ you have **been advised to self-monitor** for any other reason by your Public Health Authority	**Self-isolate** if: ▸ you have travelled **outside of Canada** within the last 14 days ***OR*** ▸ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19	You need to **isolate** if: ▸ you have been **diagnosed** with COVID-19 ***OR*** ▸ you are **waiting to hear the results** of a laboratory test for COVID-19 ***OR*** ▸ you have been **advised to isolate at home** for any other reason by your Public Health Authority
	If you develop symptoms, **isolate yourself from others immediately** and contact your **Public Health Authority** as soon as possible	If you develop symptoms, even if mild, **stay home, avoid other people** and contact your **Public Health Authority** as soon as possible	If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and **follow their instructions**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

1-833-784-4397 | canada.ca/coronavirus | phac.info.aspc@canada.ca

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CORONAVIRUS DISEASE (COVID-19)

HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19

Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you have been diagnosed with COVID-19, it is expected that you take the following measures.

Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching the pet.

Keep your hands clean

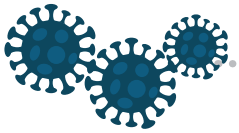
- Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cough or sneeze into the bend of your arm or into a tissue.

Avoid contaminating common items and surfaces

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- Put the lid of the toilet down before flushing.

Care for yourself

- Monitor your symptoms as directed by your healthcare provider or **Public Health Authority**.
- If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and follow their instructions.
- Get some rest, eat a balanced diet, and stay in touch with others through ‘communication devices’.



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CORONAVIRUS DISEASE (COVID-19)

HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS

If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

Limit contact

- Only one healthy person should provide care.
- Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

Protect yourself

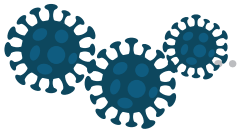
- If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
- If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**.
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Do not re-use masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Keep your environment clean

- Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry 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 and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

Monitor yourself for symptoms

- If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.



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Educate staff about ways to prevent the spread of COVID-19:

- Washing hands often with soap and hot water or use of alcohol based sanitizer
- Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- Staying home when sick
- Avoiding the use of shared personal items
- Sharing information about what to do if staff or a client shows symptoms of becoming sick

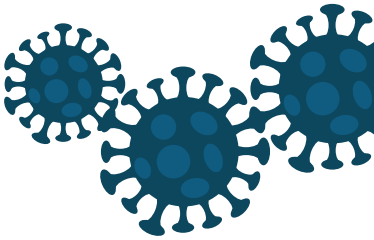
Sharing steps about **how to** care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)

Suggestions for supporting vulnerable populations during COVID-19 outbreaks

- Provide clear instructions about how to wash hands and cover coughs using:
  - The most commonly used language in the community
  - Short messages that explain simple steps they can take
  - Large font and graphics
  - Accessible instructions (e.g. braille, pictoral); and
  - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- Consider supporting alternatives such as:
  - Using volunteer drivers and subsidized taxi fares instead of public transportation
  - Putting in place alternative outreach measures or a "buddy" system
  - Including policies to allow sick clients to rest in shelters during the day
  - Providing access to food, drinks and supplies, as possible
  - Reminding clients to fill or refill prescriptions, and necessary medical supplies
- If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT

Canada.ca/coronavirus
or contact
1-833-784-4397



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 phac.info.aspc@canada.ca

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HAND SANITIZING

Hand sanitizing does not replace a proper handwashing technique. It should be used sparingly and only when soap and water are unavailable. It will be ineffective if hands are visibly soiled

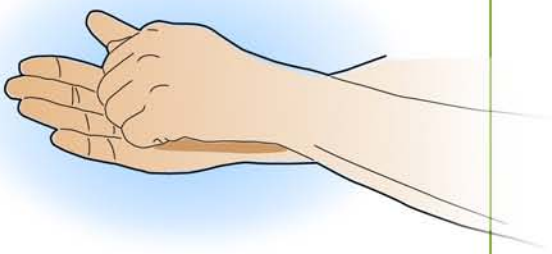
1.
Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.

2.
Rub hands together, palm to palm

3.
Rub back of each hand with palm and interlaced fingers of the other hand.

4.
Rub around each thumb clasped in the opposite hand.

5.
Rub fingertips of each hand backward and forward in the opposite hand.



CCOHS is a Canadian federal government agency based in Hamilton, Ontario. Our Council of Governors includes Employer, Labour and Government representatives from throughout Canada.

THIS HOUSEHOLD HAS HIGH RISK MEMBER(S)

- CHRONIC ILLNESS
- AGE OVER 65
- NEWBORN OR INFANT
- IMMUNOCOMPROMISED
- RECENT HOSPITALIZATION OR ILLNESS

SELF ISOLATION
Until:

DUE TO RECENT TRAVEL ☐

DUE TO EXPOSURE ☐

REMINDER

WASH HANDS

WASH YOUR HANDS PRIOR TO ENTRY & EXIT

- WITH SOAP & WATER FOR MINIMUM OF 30 SECONDS
- AVOID TOUCHING HOUSEHOLD SURFACES PRIOR TO HAND WASHING
- DISINFECT DOOR KNOBS IF POSSIBLE
- AVOID TOUCHING FACE AT ALL TIMES