

Novel Coronavirus (COVID-19) Public Health - Factsheet

In December 2019, a novel (new) coronavirus (COVID-19) was confirmed in Wuhan, China. The situation continues to evolve, with COVID-19 cases reported in countries outside of China, including Canada and the United States. The risk of COVID-19 to Canadians is low at this time.

What is the novel coronavirus (COVID-19)?

Coronaviruses can cause illness in humans and in animals. Sometimes an animal coronavirus can cause illness in a human. Common coronaviruses that infect humans usually cause mild symptoms similar to the common cold. COVID-19 is a new strain of the virus that has not been previously identified in humans.

What are the symptoms of the novel coronavirus (COVID-19)?

Symptoms range from mild (fever, cough, runny nose, sore throat) to severe (shortness of breath and breathing difficulties). Older people and those living with chronic health conditions appear to be more vulnerable to becoming severely ill.

How does COVID-19 spread?

The virus is spread through close contact (within 2 meters/ 6 feet) with an infected person who is coughing or sneezing. You can also get COVID-19 by touching objects contaminated with the virus and then touching your mouth, eyes or nose.

How can I reduce my risk of infection?

People are encouraged to take common prevention measures, including regular hand washing with soap and water for at least 15 seconds. Make sure to dry your hands thoroughly. Or, you can use an alcohol-based hand cleanser if your hands are not visibly dirty. It is especially important to clean your hands:

- after coughing or sneezing
- when caring for a sick person
- before, during or after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty

Cover your mouth and nose with a tissue when coughing and sneezing, or you can cough or sneeze into your sleeve. Throw used tissues in the garbage and immediately wash your hands. Avoid sharing household and personal care items (i.e., dishes, towels, pillows, toothbrushes, etc.). After use of these items, wash them thoroughly with soap and warm water, place in the dishwasher for cleaning or, wash in your washing machine.

Where should I go if I think I have COVID-19?

If you are ill and have recently traveled to an affected area, or if you are ill and have been in close contact (within 2 meters/ 6ft) with an ill person connected to the current outbreak, you should call Health Links–Info Santé, who will provide advice on where to go to be assessed.

Individuals may be asked to self-monitor themselves for symptoms if they have recently returned from an affected area, or have been in close contact with someone who may have COVID-19. Individuals asked to self-monitor are not sick. However, if they develop symptoms such as a fever, cough, shortness of breath, breathing difficulties or any other symptoms, they should self-isolate (i.e., limit contact with other people) and call Health Links–Info Santé, or 911 if it is an emergency.

How do I self-monitor my symptoms?

To self-monitor your symptoms, you should take your temperature twice a day, in the morning and at nighttime, using a digital thermometer by mouth (oral). Do not eat, drink, smoke and/or chew gum 30 minutes before taking your temperature. Do not take acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) during the 14-day self-monitoring period UNLESS your health care provider advises otherwise.

What do I do if I start having symptoms?

If you develop a fever higher than 38.0°C (100.4°F), cough, shortness of breath, difficulty breathing, or any other symptoms at any time during the 14-day self-monitoring period, call Health Links–Info Santé before going to your local urgent care centre or emergency department, or call 911 if it is an emergency. Be sure to advise health officials as to your travel and/ or exposure history.

What does self-isolation mean?

Self-isolation means avoiding situations where you could infect other people. This can help prevent the spread of infections. DO NOT attend activities or gatherings where you may come in close contact with other people. This includes work, school and university, public transport, health-care facilities, faith-based facilities (church), grocery stores or restaurants, shopping malls, sporting events, concerts and birthday parties.

You should limit contact with people other than family members or individuals you travelled with.

If you are in a home where other people have not been exposed, minimize close contact with the other members of your household by avoiding situations where you may have close contact. Ask friends to drop off groceries and supplies, or use a delivery or pick-up service.

Why am I being asked to self-isolate?

Self-isolation is used to lower the chance of spreading the illness to other people. When you are exposed to an illness, there is the time between exposure and when you start to feel sick. This is called an incubation period. There is a small chance you can spread germs in the days before you feel sick. People at high-risk of having been exposed to the illness are asked to self-isolate.

While at home, stay in your own room or separated from other members of your household (a minimum of 2 metres/6 feet away), including pets. Do not allow visitors. Use a delivery or pick-up service or ask friends or family members to drop off groceries and supplies at your front door to avoid direct contact. Notify service providers that regularly come into your home to provide necessary care or assistance to yourself or a family member (e.g., Home Care).

If you are breastfeeding, you can continue to breastfeed your baby. Wear a mask when near your baby, and practice good respiratory (cough and sneeze) etiquette. Be sure to wash your hands and your chest area thoroughly with soap and warm water before and after you touch your baby.

What can I do to care for myself while at home?

While recovering at home:

- Rest, eat nutritious food, and drink plenty of clear fluids
- Take acetaminophen (Tylenol®) or ibuprofen (Advil®) for fever
- Check with your healthcare provider whether you should still take vitamins or alternative medicines.
- Take your temperature by mouth (orally) with a digital thermometer at least twice a day.
 - Do not eat, drink, smoke and/or chew gum 30 minutes before taking your temperature.
 - Wait at least four hours after taking acetaminophen or ibuprofen.

Waiting for test results can be stressful. Connect with family or friends by phone, email or social media.

Focus your attention on completing a task or hobby while you wait for your COVID-19 test results.

For more information about COVID-19:

Call Health Links–Info Santé in Winnipeg at **204-788-8200**; toll free elsewhere in Manitoba **1-888-315-9257**;



What should I do if I feel overwhelmed or anxious?

It is very important to get reliable information.

Make sure that you get high-quality information about COVID-19 from reliable sources. The Public Health Agency of Canada is a reliable source of information, as are provincial and territorial public health authorities.

If you are finding that the news media is making you feel anxious, take a break from it.

Is there a vaccine for COVID-19?

At this time, there is no vaccine to prevent the spread of COVID-19. There are no specific treatments for coronavirus illnesses. Most people with COVID-19 will get better on their own. Some individuals, however, may require medical treatment.

Should I wear a mask to protect myself?

It is not clear there is any significant benefit to wearing masks to prevent influenza or influenza-like-illnesses (including COVID-19) in community settings.



Manitoba website



Canada website



USA website

Novel Coronavirus (COVID-19) For Hutterites

Information to help deal with Coronavirus disease (COVID-19)



Manitoba website



Canada website



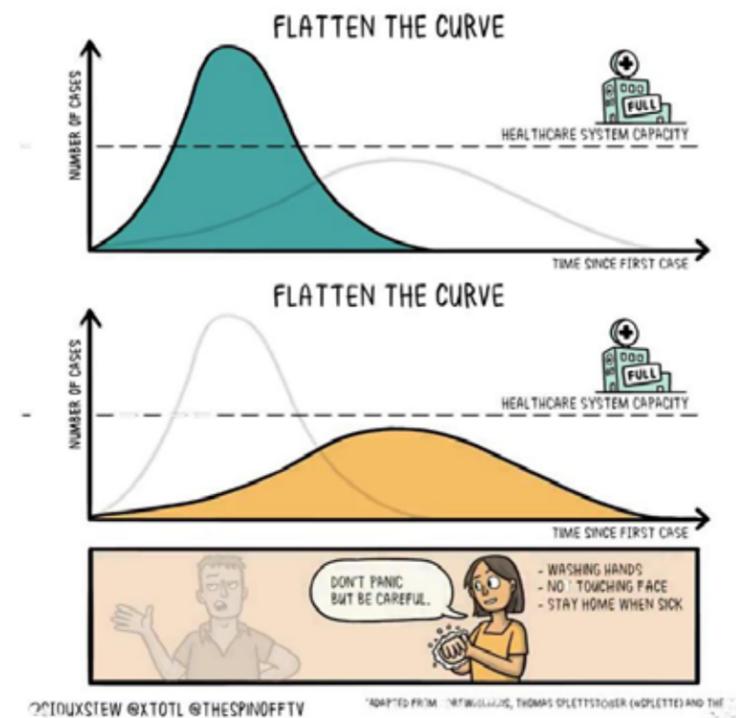
USA website

What can we do in our Hutterite community to be proactive and rational, with a well-intended and well-studied effort to decrease the risk and slow the spread of infection?

In our communities we make personal and community decisions every day that impact the lives of all our community members, and now we are asked to be even more vigilant because of the coronavirus. We rely on the principles of community-based decision-making, transparency, and trust. We hope those principals will help us navigate in dealing with COVID-19 management and containment and to help us protect those at higher risk in our communities.

This is the main approach health professionals are focusing on:

There is a wave of COVID-19 coming. If we manage to flatten that wave so it occurs slowly, that means it's easier for the medical system to cope. A slower wave means doctors and nurses aren't overworked, hospital emergency rooms aren't overwhelmed, hospital beds are available, and medical supplies like ventilators are available to those who need them.



What is social distancing?

Social distancing measures include cancelling or postponing any large-scale events with more than 250 attendees. This measure helps reduce prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public.

Public health officials continue to recommend these social distancing measures for all Manitobans:

- minimizing prolonged (more than 10 minutes), close (less than two metres) contact between individuals in public;
- avoiding greetings that involve touching such as handshakes;
- disinfecting frequently used surfaces;
- following public health advice related to self-monitoring and self-isolation if you have travelled or have been exposed to someone ill with the virus; and
- avoiding all non-essential travel, as well as crowded places and events.

How to clean surface and object to prevent the spread of COVID-19?

Transmission of COVID-19 occurs most commonly through close contact (within two meters/six feet) with an infected person who is coughing or sneezing. It can also spread by touching objects and surfaces contaminated with the virus and then touching your mouth, eyes or nose. This is because current evidence shows that COVID-19 can survive for hours to days on surfaces made from a variety of materials. This is why it is very important to regularly clean and disinfect surfaces and objects that people commonly touch (e.g., door handles/knobs, railings, elevator buttons, light switches, water fountains, etc.).

All public places (e.g., shopping malls, grocery stores, restaurants) as well as workplaces should ensure all surfaces and commonly touched objects are cleaned and then disinfected at least twice daily or, as needed (i.e., if surfaces/objects are visibly dirty). Cleaning removes germs and dirt using soap and warm water. Disinfecting kills germs using diluted bleach (one part bleach to nine parts water), alcohol solutions with at least 70 per cent alcohol or EPA-registered household disinfectants. Ensure the disinfectant is on the surface/object for one minute. People should wear disposable gloves when cleaning and disinfecting surfaces and objects. For soft surfaces and items such as carpeted flooring, rugs and curtains, clean with appropriate cleaners indicated for use on these surfaces/items or, wash in the washing machine using hot water if possible.

Am I at risk of getting COVID-19 if I open a box or envelop from China, Iran or another country where COVID-19 is spreading in the community?

At this time, there is no known risk of coronaviruses coming to Manitoba on parcels or packages coming from countries where COVID-19 is spreading in the community. And, there is no evidence that shows you can get COVID-19 by coming in contact with imported goods. To date, there have not been any cases of COVID-19 in Canada associated with goods imported from other countries.

COVID-19 is spread through respiratory droplets that come from a person's throat or lungs when they cough or sneeze. While droplets can fall on surfaces including parcels and packages, coronaviruses do not survive very long on surfaces and likely would not survive for the amount of time (e.g., days to weeks) it takes for packages to travel internationally.

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

Remain calm and reassuring. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Make yourself available to listen and to talk. Make time to talk. Be sure children know they can come to you when they have questions.

Avoid language that might blame others and lead to stigma. Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

Provide information that is honest and accurate.

Give children information that is truthful and appropriate for the age and developmental level of the child.

Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

Teach children everyday actions to reduce the spread of germs.

- Remind children to stay away from people who are coughing or sneezing or sick.
- Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- Discuss any new actions that may be taken at school to help protect children and school staff.
- (e.g., increased handwashing, cancellation of events or activities)
- Get children into a handwashing habit.
- Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

Visits, Travel and Returning Home

Hutterites with more frequent outside contact should take extra precautions. Please adhere closely to social distancing policies, which includes washing and disinfecting thoroughly before and after your outings.

- For business or work connections, be mindful to limit contact. Cancel non-essential work travel outside of Manitoba. Use virtual meetings to reduce prolonged, close contact between individuals.
- Shopping - Any unnecessary or non-essential shopping outings should be avoided. Please weigh the risks and exercise caution. If you really need a particular supply, go buy it and wash your hands. But if you can delay your need for an item for a few months, do so.
- Health care: Consider cancelling medical appointments for minor conditions. This includes visits to doctors, dentists, chiropractors, physiotherapists, massage therapists.

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www.hutteritehealth.com