

PANDEMIC EXPOSURE CONTROL PROTOCOL

SARS, Coronavirus, just the everyday flu:

Protocols to protect yourself are the same.

There is currently no vaccine to prevent Novel Coronavirus infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, the Center for Disease Control always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often 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.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

- Cover your cough or sneeze into your elbow or with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Should you wear a face mask? No, say top doctors. Wearing a mask if you are ill or healthy may make matters worse. Masks allow the virus to transmit through it and around it, and likely makes you touch your face more often. Worse, if it becomes moist

from exhalation, it will encourage growth of viruses and bacteria.

The same is true of wearing latex gloves all the time. You are still touching surfaces and potentially your face.

Should you avoid travel? Definitely if you are ill. With the two week quarantine period for the Coronavirus, travelling on a cruise ship seems counterintuitive.

What about flights? Experts say that the virus can't live long on non-mammal surfaces like armrests or seats. The risk, if there is one, comes from other people.

What about the air in airplanes? The air is a combination of fresh air and recirculated air, about half each. The recirculated air goes through filters of the exact same type that is used in surgical operating theatres. That supplied air is guaranteed to be 99.97 per cent (or better) free of viruses and other particles.

WASH YOUR HANDS
FOR AT LEAST 20
SECONDS.

AVOID TOUCHING
YOUR FACE WITH
UNWASHED HANDS.

USE ALCOHOL-BASED
HAND-SANITIZER
WITH AT LEAST 60%
ALCOHOL, WASH
HANDS AS SOON
AS POSSIBLE.

Additional resources:
<http://www.bccdc.ca/>

