

# Coronavirus 2019

## Q&A for Schools and Workplaces

**If you have travelled to the Hubei province in the last 14 days, self-isolate for 14 days (stay at home) after leaving Hubei or affected area. That means do not go to school, university, work, daycare, sporting or social events or religious gatherings.**

**If you have been in close contact with someone who is ill with coronavirus, you should self-isolate for 14 days.**

**Q: I have a respiratory illness. Should I isolate myself/stay home from work or school?**

**A: If you have travelled to the Hubei province in the last 14 days, self-isolate for 14 days (stay at home) after leaving Hubei or affected area. Contact public health by calling Healthline 811 for further assessment and direction.**

If you have recently traveled to mainland China you should monitor your symptoms closely for 14 days. At the first sign of even mild symptoms such as cough or fever you need to self-isolate and contact public health by calling Healthline 811 for further assessment and direction. That means do not go to school, university, work, sporting or social events or religious gatherings.

**Q: I have heard that a person may be carrying coronavirus for up to 14 days without showing symptoms. Should people returning from China self-isolate for 14 days?**

**A: If an individual has coronavirus, they are at the greatest risk to others when they have symptoms -- particularly a cough -- based on best information on how this respiratory illness is transmitted. If you have no symptoms, the risk of transmitting the virus to others is low. People travelling from Hubei province should self-isolate for 14 days due to the high transmission in that province.**

Travelers returning from other parts of China must actively monitor for symptoms for 14 days. If there are no symptoms present the individual may attend school or go to work any time within that 14 day time period. If they develop symptoms, they are to self-isolate and call HealthLine (811) to determine the best course of action.

**Q: Our workplace/school has people who have travelled to China. Should they stay home until they know they do not have coronavirus?**

**A:** At this time, people who have traveled from Hubei province should self-isolate for 14 days.

People who have traveled from other parts of China must actively monitor for symptoms and if they develop a cough or fever should self-isolate and call HealthLine (811) to determine the best course of action. If the person does not have symptoms of a cough or fever, they can go to work or to school.

### Schools:

**Q. How do we self-isolate in situations of shared living (eg. University dorms, apartments)**

**A:** If the patient is in a situation where they are sharing living accommodations such as a dorm room at a university, can they be temporarily accommodated elsewhere or can roommates temporarily relocate? In cases where there may be several people with symptoms awaiting test results, consider co-locating those with symptoms until results are confirmed.

If an ill person is sharing accommodations with someone who might be vulnerable to infection, such as someone who has a suppressed immune system (e.g. from cancer treatments or immunosuppressive medications), is pregnant, an infant or over 65 or has a chronic illness, relocation is advised to reduce the risk of severe illness for the vulnerable person.

More advice is available at: <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/guidance-for-nhs-clinicians-on-home-isolation-of-a-patient-whilst-being-tested-for-wuhan-novel-coronavirus>

### Workplaces:

**Q: I am worried about a coworker who has recently traveled and I want to work from home/not be in the office. Can my manager approve that?**

**A:** At this time risk is low in Canada and Saskatchewan. Screening measures are in place for international travelers. People who have traveled from Hubei or had close contact with someone who is ill are being asked to self-isolate for 14 days.

If you are concerned that someone in your workplace has traveled recently, speak with your manager.

If anyone is showing symptoms (cough, fever, difficulty breathing) they should call HealthLine (811) to determine the best course of action.

### General Information about Coronavirus:

#### **Q: What is coronavirus?**

A: Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some cause illness in people, while others circulate among animals. Some coronaviruses transmit easily from person to person while others do not.

#### **Q: What are the symptoms? How would I know if I have this illness?**

A: It depends on the specific virus, but common signs include respiratory symptoms: fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.

#### **Q: How is coronavirus treated?**

A: Like most respiratory illnesses, most people with common coronavirus illness will recover on their own. There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can and should be treated. If symptoms feel worse than a standard cold, see a health care provider or call Healthline at 811.

#### **Q: Can the infection spread easily?**

A: While human-to-human transmission is possible with close contact, there is limited evidence that this virus transmits easily between people.

#### **Q: How do I protect myself against coronavirus?**

A: Currently, there is no approved vaccine that protects against coronaviruses in humans.

As a respiratory illness, the best method to protect yourself against coronavirus is to practice everyday preventive actions, including:

- Practice proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices; and
- Avoid close contact with people who are sick

**Q: Should I wear a surgical mask to protect myself from coronavirus?**

A: There is no evidence that surgical masks protect people who are not sick. The World Health Organization does not recommend the use of any masks if you do not have a travel history and respiratory symptoms. If you have respiratory symptoms such as cough or difficulty breathing and a relevant travel history you should wear a surgical/procedure mask when seeking medical care at a health facility. If you are going to a healthcare facility for treatment of your respiratory illness and do not have a mask, ask for one at the admission desk and one will be provided to you.

**Q. I recently travelled from the Hubei province area in China. What should I do?**

A. Anyone who has travelled from the Hubei province of China that includes Wuhan China needs to self-isolate for 14 days. That means do not go to school, university, work, sporting or social events or religious gatherings. You should also actively monitor for symptoms such as fever and cough. If symptoms develop (cough, fever) even mild symptoms, contact public health by calling HealthLine 811 for further assessment and direction.

**Q. What about people who have recently travelled from other parts of China?**

A. People arriving from other parts of China need to actively monitor their symptoms and symptoms of their children for 14 days and do not go to school or work if there are even mild symptoms (fever, cough) and contact public health by calling HealthLine 811 for further assessment and direction.

**Q. I don't have any symptoms but recently traveled or came in contact with someone that recently traveled. Should I isolate myself/stay home from work?**

A: If you have recently travelled from Wuhan City or Hubei province you should isolate

yourself at home for 14 days. If you have had close contact with someone who has travelled from Wuhan City of Hubei province you should actively monitor for symptoms and if symptoms develop (fever, cough) isolate yourself at home and call HealthLine (811) for further directions.

People who have traveled from central China and have developed a cough or fever should self-isolate and call HealthLine (811) to determine the best course of action. If the person does not have symptoms of a cough or fever, they should actively monitor for symptoms and continue to go to work or to school. If you are suffering from cough or fever but have not travelled, it is always advised that you stay at home to limit spread of regular colds and flus to others.

**Q. What does it mean to self-isolate?**

A. Self-isolation means the patient is considered well enough to not require admission to hospital and can remain in their home. That means that individuals should not attend work, school, university, social, sporting or cultural events or religious gatherings. The patient should have the ability to care for their symptoms including being able to drink enough liquids.