



Preventing Coronavirus

HEALTH CANADA

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to protect against it.

If you have travelled to an at-risk area

If you have travelled to Hubei province, China, Iran, Italy or a known infected area in the last 14 days, limit your contact with others for 14 days, starting the day you began your journey to Canada. This means self-isolate and stay at home. Contact the public health authority in your province or territory within 24 hours of arriving in Canada for advice. **Dial 811 for direct service.**

if you have COVID-19, reduce contact with others, if you are sick, the following steps will help to reduce contact with others:

- stay at home and self-isolate (unless directed to seek medical care)
 - if you must leave your home, wear a mask or cover your mouth and nose with tissues, and maintain a 2-metre distance from others
- avoid individuals in hospitals and long-term care centres, especially older adults and those with chronic conditions or compromised immune systems
- avoid having visitors to your home
- cover your mouth and nose with your arm when coughing and sneezing
- have supplies delivered to your home instead of running errands
 - supplies should be dropped off outside to ensure a 2-metre distance

Being prepared

It is important to know how you can prepare in case you or a family member become ill.

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
 - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
 - toys
 - toilets
 - phones
 - electronics
 - door handles
 - bedside tables
 - television remotes

Wearing masks

If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19. Wearing a mask when you are not ill may give a false sense of security. There is a potential risk of infection with improper mask use and disposal. They also need to be changed frequently.

However, your health care provider may recommend you wear a mask if you are experiencing symptoms of COVID-19 while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures. The mask acts as a barrier and helps stop the tiny droplets from spreading you when you cough or sneeze.

Remember if you display any symptoms stay at home, self-isolate and call the BC Health Authority at 811.