

COVID-19 - Prevention and Health Promotion with High-Risk patients⁽³⁵⁾ (DRAFT)

TRANSMISSION

COVID-19 is spread via liquid droplets when a person coughs or sneezes – enters through eyes, nose, or throat

- Do not touch face, eyes, nose, or mouth with unwashed hands
- Wash hands after shopping or returning home from public spaces.
- Do not go out if you are feeling ill.

PHYSICAL DISTANCING

Physical distancing is limiting close contact with others when outside of your home.

- Keep 2m (6 feet) away from others when outside home
- Limit time in common spaces, use public transport at off-peak times if possible
- Avoid crowded places
- Cough or sneeze into your elbow or sleeve
- Greet others with a wave

MASKS AND HAND WASHING

One of best things to do to prevent infection is wash hands regularly and avoid touching your face.

- Wash hands often with soap and water for at least 20 seconds.
- Alcohol-based hand rub can be used if soap and water are not available.

Masks act as a barrier to the virus.

- Wear a mask if you are sick and cannot physically distance
- Wear a mask if you are caring for someone with symptoms

CLEANING

Regular cleaning and disinfecting of surface can help prevent spread off illnesses, including COVID-19

- Frequently touched surfaces should be cleaned daily, such as:
 - toilets, sink taps, doorknobs, light switches, and tables
- Soap or household disinfectants can be used.
- Never use disinfectants or bleach on food.
- Mobile phones and other electronic devices should also be cleaned regularly

WHAT TO DO IF YOU ARE SICK

- Self-isolate: do not go to work, school or public places
- Cover your coughs and sneezes: use a tissue or cough into your upper arm or elbow.
- Wash your hands frequently.
- Do not share household items
- Can call 8-1-1 or use the [B.C. COVID-19 Self-Assessment Tool](#) to determine the need for testing

FOOD AND MEDICATION SAFETY

COVID-19 is not believed to be transmitted by eating contaminated food.

- It is IMPORTANT to wash hands before preparing and eating food
- Shop alone to limit exposure and limit time in store
- Use hand sanitizer for hands and disinfectant wipes on grocery cart handles
- If you are self-isolating, do you know you can have food or medications delivered?

Notes: