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## COVID-19 (Novel Coronavirus) March 13, 2020

At Larga Baffin takes the health and safety of our staff and clients is our First Priority. As part of our daily operation we maintain a high level of cleanliness and sanitation and during these times we have put in place increased initiatives through information and guidance from the World Health Organization, The Department of Health and Ottawa Public Health.

We have ensured all Departments have equipment and disinfectant products that are effective against this virus strain and other pathogens. We have ensured all staff practice the preventive measures guidelines for personal management, and effectively execute our procedures and guidelines for cleanliness and disinfection in their roles and responsibilities.

### What is Coronavirus COVID-19?

COVID-19 is a new virus that was first discovered in December 2019 in Wuhan China. It has since spread to other countries as well. It is a respiratory illness, meaning it can cause an infection in the lungs.

### What are the symptoms?

Symptoms of COVID-19 infection are:

- Fever;
- Cough; or
- Shortness of breath.

### Who can get the infection?

While the Public Health Agency of Canada continues to classify the risk to Canadians from this virus as 'low', anyone can get the infection. Some people only have mild symptoms, while others can get very sick. So far, they are finding that elders and those with other health issues are most at risk of getting very sick.

### How does a person get it?

The main way that COVID-19 spreads is through person-to-person contact. When somebody is sick each cough or sneeze can send droplets with the virus into the air, where someone else can breathe it in through their mouth and nose. Viruses can spread in the air up to a few meters distance. Some viruses can also land on hard surfaces such as tables or doorknobs and live for a while. The amount of time this virus can survive outside the body is not known yet, but this is not believed to be the main way COVID-19 spreads. When someone touches an unclean surface with their hands and then touches their mouth, nose, or eyes, the virus can enter the body and cause an infection.

### What is the treatment for it?

At this point there is no medication to treat COVID-19. Those with mild symptoms may rest and recover at home in isolation, while those with more severe symptoms may need to be in the hospital to receive help with breathing and other care.

### How can it be prevented?

- Stay home if you are sick with cough or fever. This helps stop you spreading any illness and you will be able to rest and recover. If you are not feeling well, stay home from work, school, daycare, or community gatherings. It is very important to keep others in the community from getting sick as well.
- Wash your hands thoroughly. Use soap and warm water, or hand sanitizer. Washing your hands is very effective in removing the virus from the surface of the skin.
- Try not to touch your face. The virus can travel from your hands in to your body through your eyes, nose, and mouth.
- Disinfect and clean surfaces often, especially surfaces you touch often like doorknobs.

We will actively monitor and review this situation and our practices and procedures following the direction and guidelines provided by Ottawa Public Health, The Department of Health and Medical Travel of the Government of Nunavut. We remain available for any questions or concerns and are here to listen and assist.

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