

MARITIMES REGIONAL OFFICE – BUREAU RÉGIONAL DES MARITIMES

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DATE : April 7, 2020

TO: All CUPE staff of the Maritimes Region

FROM: Patrick Roy, CUPE Health & Safety Representative

OBJET : COVID-19 Definitions

Glossary of Terms and Definitions

Most people have some confusion about all the various terms being used during the current pandemic. Here is a list I created compiling terms and definitions from the BC Centre for Disease Control (March 27, 2020), CBC (March 27, 2020), CCOHS (March 27, 2020), Clemeson University (March 27, 2020), CTV News (March 13, 2020), Government of British Columbia (March 24, 2020), Government of Canada (March 26, 2020), Harvard University (March 27, 2020), Global News (March 22, 2020), KFF Global Health Policy (No date), Rochester University (No date), University of Texas (March 26, 2020), and the University of Toronto (March 27, 2020):

Administrative controls

These limit workers' exposures by scheduling shorter work times in contaminant areas or by implementing other "rules". These control measures have many limitations because the hazard itself is not actually removed or reduced. Administrative controls are not generally favoured because they can be difficult to implement, maintain and are not a reliable way to reduce exposure.

Asymptomatic

Asymptomatic means without symptoms. The reason it's being brought up during this outbreak is because many people are worried that people might be able to pass along the virus when they don't have symptoms or know that they are sick, which would be "asymptomatic transmission."

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Case fatality rate (CFR)

An estimate of the risk of mortality from a contagious disease. The CFR is calculated by dividing the number of deaths caused by a disease by the number of cases of that disease in a given time period. The CFR is time and location-dependent, and many different factors can influence the CFR, such as speed of diagnosis of cases, health system capacity, age and other demographic characteristics, among others. For COVID-19, estimates of the CFR have varied; in China, CFR estimates by province have ranged from <1% to 5.8%.

CCOHS

The Canadian Centre for Occupational Health and Safety.

CDC

Canada: Centres for Disease Control and Prevention. E.g. BC Centre for Disease Control and Prevention.

United States of American: Centers for Disease Control and Prevention.

Community mitigation strategies

As they relate to COVID-19, the CDC defines community mitigation strategies as actions, apart from getting vaccinated and taking medicine, that people and communities can take to help slow the spread of illnesses like pandemic influenza (flu). Also known as non-pharmaceutical interventions. When a new flu virus spreads among people, causing illness worldwide, it is called pandemic flu. Because a pandemic flu virus is new, the human population has little or no immunity against it. This allows the virus to spread quickly from person to person worldwide. NPIs are among the best ways of controlling pandemic flu when vaccines are not yet available.

Community transmission

When referring to how a disease is spread, one of the methods is community transmission. In the case of COVID-19, it means that an infected person has not come into known contact with anyone who is infected and that the source of infection is unknown.

Contact tracing

Contact tracing is what doctors use to track a virus's spread. According to the World Health Organization, contact tracing is a monitoring process that involves identifying all the people an

infected person was recently in contact with, informing those contacts about the virus and what they should do, and conducting regular follow-ups with them. It involves three steps.

First, is contact identification. Once a person is infected and symptomatic with a disease, the person is asked about their activities and their interactions with others.

In order to control the rate of spread, health-care professionals will try to trace everyone an infected person has come into contact with. That's followed by contact listing. Once contacts with the infected person are identified, they're informed of their status and advised to get early care if they begin to develop symptoms. If they are considered high risk, they may also be advised to isolate themselves.

Finally, there is contact follow-up, where doctors get in touch with people who came into contact with the infected person to see if they begin to develop symptoms.

Contagious

Communicable, or able to be passed from one person to another. COVID-19 is thought to be spread primarily through direct contact with an infected individual, by inhaling the microscopic droplets sprayed into the air during a cough or sneeze, or by touching a contaminated surface and then touching one's eyes, nose or mouth.

Coronavirus, COVID-19 and SARS-CoV-2

Coronaviruses are a common cause of colds and other upper respiratory infections, but this pandemic involves a strain of coronavirus that is new to the world's human population. Coronaviruses are a large family of viruses found mostly in animals. In humans, 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). The disease caused by this new coronavirus has been named COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases. Coronavirus is used as a kind of shorthand these days in some media reports, and the new strain is more accurately called the novel coronavirus. The illness caused by the virus is called COVID-19, also referred to by the World Health Organization (WHO) as coronavirus disease 2019.

Some articles in medical journals use a lesser-known term for the virus: SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2).

The WHO says it's avoiding that term, since it could be confused with the SARS outbreak in 2003.

Droplet transmission/spread

A mode of transmission for a contagious disease that involves relatively large, short-range (less than 6 feet) respiratory droplets produced by sneezing, coughing, or talking.

Elimination

Elimination is the process of removing the hazard from the workplace. It is the most effective way to control a risk because the hazard is no longer present. It is the preferred way to control a hazard and should be used whenever possible.

Endemic, epidemic and pandemic

A disease that is endemic is one that re-emerges on a seasonal basis, occurring at a predictable rate in a certain area or among a set population, such as malaria.

Epidemic is used when the number of infections rises above what is normally expected in a certain population or region. An outbreak is basically the same thing as an epidemic, although the term is often used to cover a more limited geographic area, according to the Centers for Disease Control and Prevention (CDC).

Pandemic relates to the geographic spread of a disease. The WHO designated COVID-19 as a pandemic on March 11, citing the spread of the new virus to several countries.

Engineering Control

Engineering controls are methods that are built into the design of a plant, equipment or process to minimize the hazard. Engineering controls are a very reliable way to control worker exposures as long as the controls are designed, used and maintained properly. The basic types of engineering controls are:

- Process control.
- Enclosure and/or isolation of emission source.
- Ventilation.

Epicentre

A city or country where an outbreak is most pronounced.

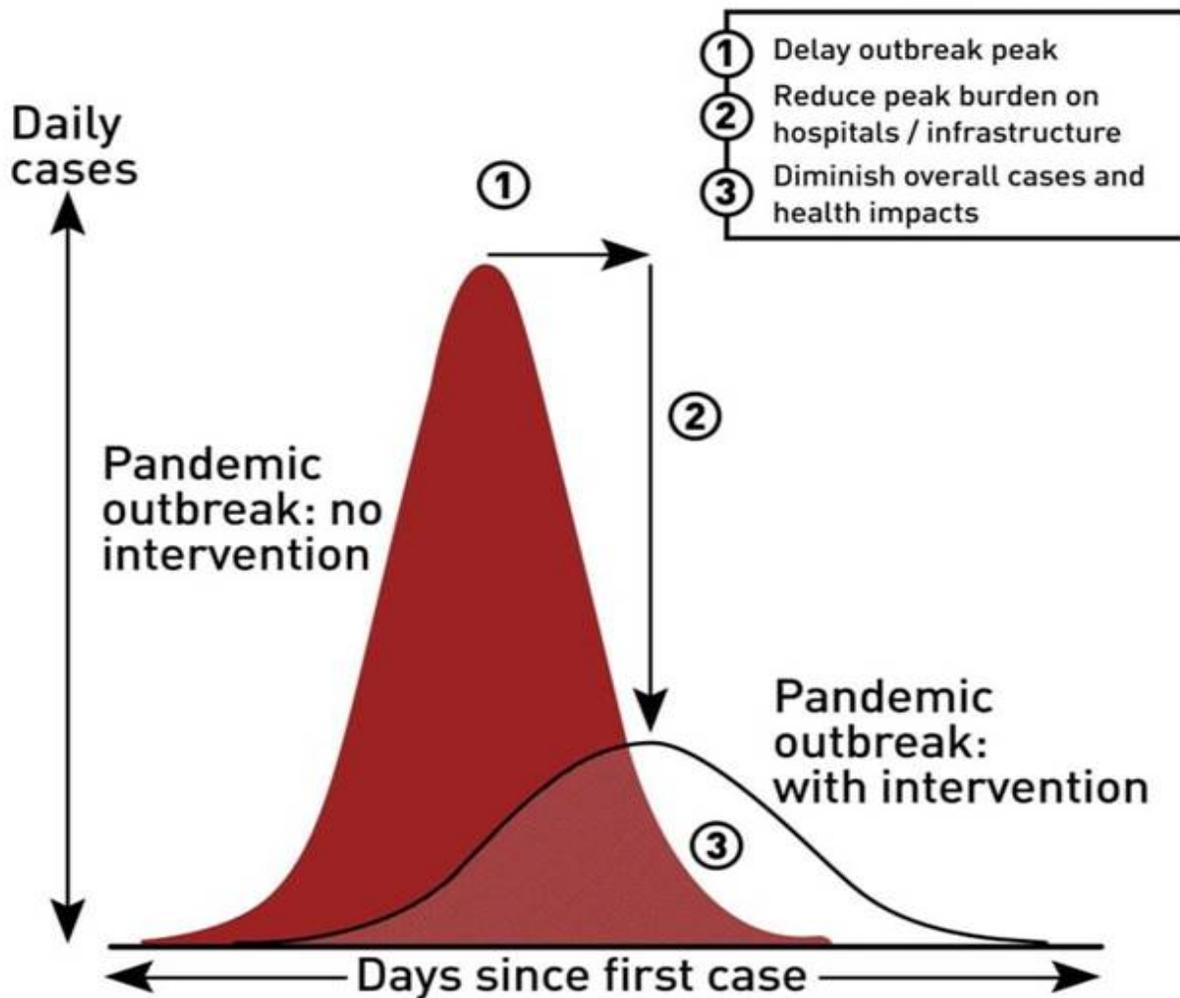
Flattening the curve

Flattening the curve refers to a graph that illustrates the spread of a disease and the ability of health systems to cope.

If a large number of people become infected and require medical care, it can overwhelm the overall health-care system. This can result in shortages of protective equipment, hospital beds or even doctors and nurses.

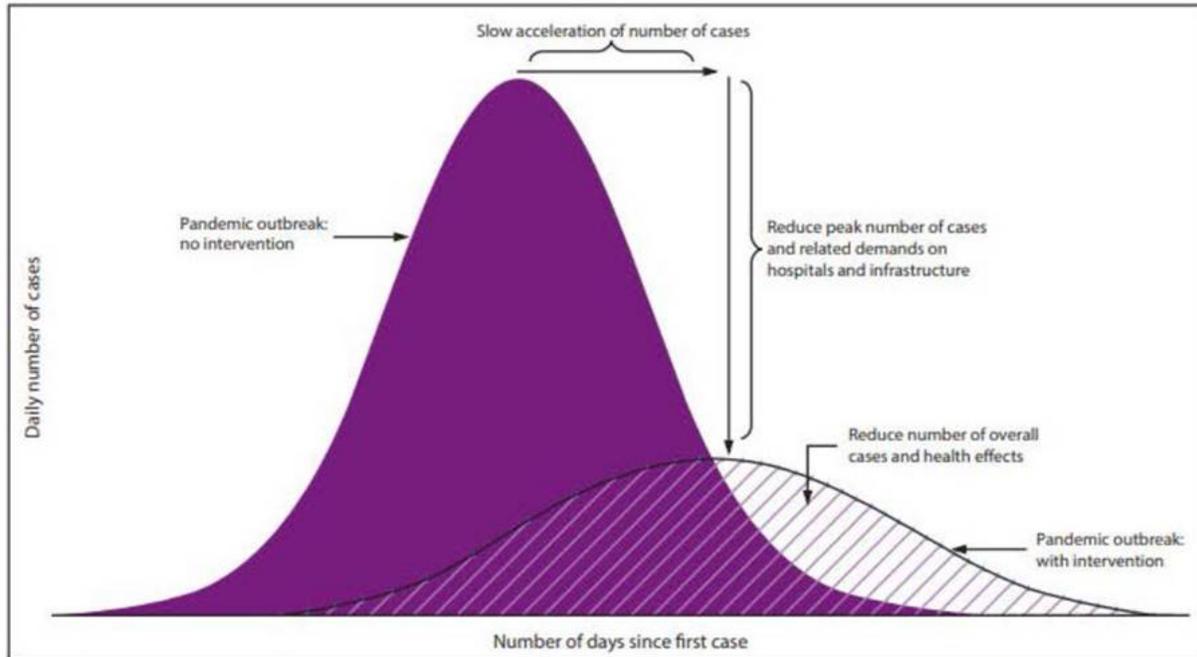
On the graph, it's represented as a steep curve.

Goals of community mitigation



CBC NEWS

Source: Ian M. Mackay, Katherine E. Arden



Source: Adapted from: CDC. Interim pre-pandemic planning guidance: community strategy for pandemic influenza mitigation in the United States—early, targeted, layered use of nonpharmaceutical interventions. Atlanta, GA: US Department of Health and Human Services, CDC; 2007. <https://stacks.cdc.gov/view/cdc/11425>.

Ideally, interventions change the shape of an epidemic curve so case counts come down faster. If adequate measures are taken to avoid the spread of infection and fewer patients require medical care, the curve on the graph isn't as sharp, and there would be a better chance that patients can receive the necessary care. This is referred to as "flattening the curve."

Fomite

An inanimate object that can be the vehicle for transmission of an infectious agent (e.g., bedding, towels, or surgical instruments). There is evidence that coronavirus spreads via fomites although, this is a less common route of transmission.

Hazard Control

A hazard control program consists of all steps necessary to protect workers from exposure to a substance or system, the training and the procedures required to monitor worker exposure and their health to hazards such as chemicals, materials or substance, or other types of hazards such as noise and vibration. A written workplace hazard control program should outline which methods are being used to control the exposure and how these controls will be monitored for effectiveness.

HAZARD CONTROL
Workplace procedures adopted to minimize injury, reduce adverse health effects and control damage to facilities or equipment.

Hierarchy of Controls

ELIMINATION
SUBSTITUTION
ENGINEERING
ADMINISTRATIVE
PPE

Increasing effectiveness and sustainability | Increasing participation and supervision needed

Apply the highest level of control that corresponds with the risk level.
Lower value controls may be used in the interim until long-term controls are implemented.

- Elimination**
Remove the hazard from the workplace, whenever possible.
- Substitution**
Substitute hazardous materials or machines with less hazardous ones.
- Engineering Controls**
Design or modify facilities, equipment, systems and processes to reduce the source of exposure.
- Administrative Controls**
Limit exposures by altering the way the work is done.
- Personal Protective Equipment (PPE)**
Use PPE as a last level of protection to reduce exposures to hazards such as chemical contact or noise.

Controls are usually placed (most effective to least effective)

1. At the source | 2. Along the path | 3. At the worker

Steps in a hazard control program

1. Identify the hazard
2. Assess the risk
3. Choose the best control for the hazard
4. Implement the chosen control
5. Evaluate the effectiveness of the control

Monitor and Review using

- Physical workplace inspections
- Testing
- Exposure assessments
- Injury and illness tracking
- Medical assessments
- Incident investigations reports
- Employee feedback and input

A legal limit or guideline should never be viewed as a firm line between **Safe** and **Unsafe**

Always keep exposures or the risk of a hazard as low as possible.

In many cases, a combination of control measures is necessary to control a risk.

What the law says: Some hazards and their control measures will be specifically outlined in legislation. In all cases, the employer must take all reasonable precautions to prevent injuries or incidents in the workplace.

CCOHS.ca
Canadian Centre for Occupational Health and Safety

Incubation

The incubation period is the amount of time it takes for an infected person to start showing symptoms, if there are symptoms. For COVID-19 specifically, the WHO says the incubation period is estimated to be between one to 14 days.

Isolation

Staying at home when you have symptoms of with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. Isolation is recommended for a symptomatic individual that is suspected of having, or known to have, COVID-19. They are directed by PHA to isolate themselves in the home-setting and avoid contact with others until PHA has advised that they are no longer considered contagious.

Mandatory quarantine

The imposed separation or restriction of movement of individuals, groups or communities, for a defined period of time and in a location determined by the PHA. As local circumstances will vary across Canada and within regions, quarantine may be used to contain, delay or mitigate COVID-

19, although its effectiveness once there is widespread community transmission is unknown. An individual in mandatory quarantine is asymptomatic but may have been exposed to the virus causing COVID-19. A decision to implement mandatory quarantine requires careful consideration of the safety of the individual/group/community, the anticipated effectiveness, feasibility and implications.

Mass gatherings

Mass gatherings are highly visible events with the potential for serious public health consequences if they are not planned and managed carefully. They can amplify the spread of infectious diseases and have the potential to cause additional strain on the health care system when held during outbreaks. The transmission of respiratory infections such as influenza has been frequently associated with mass gatherings. There have been examples of COVID-19 transmission during mass gatherings. Such infections can be transmitted during a mass gathering, during transit to and from the event, and in participants' home communities upon their return. Examples of mass gatherings include large meetings, conferences, sporting events, religious events, national and international events. It is recognized that while cancelling a mass gathering may reduce the viral transmission, it may also pose a barrier to personal freedoms. Mass gatherings may have cultural or religious implications (e.g. pilgrimages, large religious events) and cancelling such events may have significant cost considerations for jurisdictions, organizations and individuals. Decisions about whether to proceed with, restrict, cancel or postpone a mass-gathering event be based on thorough risk assessment undertaken by event organizers in consultation with all relevant PHAs (e.g., local, provincial, federal).

Mitigation

The public health goal once a virus has spread so widely that it's impossible to keep it away. Instead of mainly relying on public health authorities to do things like locate sick people and identify their contacts, health officials ask the public to help slow the spread of the virus. Useful actions can include reminding people to stay home when they're sick and disinfecting commonly touched surfaces in buildings daily.

Nasopharyngeal vs. oropharyngeal swabs

To be tested for the virus, health-care professionals need to collect samples. This can be done one of two ways.

A nasopharyngeal swab can look like an extra-long Q-Tip or a plastic wand with a collection surface on the end. It is inserted up the nose, far back where the health-care professional collects a sample by swabbing. This is the method preferred by the World Health Organization in testing for COVID-19.

However, an oropharyngeal swab is another method of collection available for healthcare professionals: Instead of going up a patient's nose, the sample is collected orally at the back of a patient's throat.

NIOSH

The National Institute for Occupational Safety and Health.

N95 mask (respirator)

N95 respirators are respiratory protective devices designed to fit closely to the face and provide efficient filtration of airborne particles. The N95 designation means it can block at least 95 per cent of very small particles.

The table below outlines some of the key differences between respirators and surgical masks.

Note: In this document, N95 surgical masks are included in the general category of respirators.

Key Element	Respirators	Surgical Masks
Evaluation, Testing, and Certification	<p>Respirators are evaluated, tested and certified by National Institute for Occupational Health and Safety (NIOSH) to meet set minimum performance requirements, including filter efficiency and breathing resistance.</p> <p>A NIOSH approved respirator will have the following text printed on the respirator:</p> <ul style="list-style-type: none"> • NIOSH • the type of approval (e.g., N95), and • the manufacturer's name 	<p>Surgical mask manufacturers provide data and proposed claims to the Food and Drug Administration (FDA) in the United States of America for review.</p> <p>The FDA reviews data submitted by the manufacturer in comparison to other surgical masks already cleared by the FDA.</p>
Purpose	Respirators protect from exposure to airborne particles. In healthcare, protects from exposure to biological aerosols including viruses and bacteria.	Surgical masks are a barrier to splashes, droplets, and spit.
Fit (Face seal)	<p>Respirators are designed to seal tight to the face of the wearer.</p> <p>Wearers should be fit tested to make sure they are using the appropriate model and size of respirator to get the best fit.</p>	Surgical masks are not designed to seal tight against the face.
Filtration	<p>Respirator filters that collect at least 95% of the challenge aerosol are given a 95 rating. Those filters that collect at least 99% receive a "99" rating. And those that collect at least 99.97% (essentially 100%) receive a "100" rating.</p> <p>See the OSH Answers on Respiratory Protection Against Airborne Infectious Agents for Health Care Workers for more information about the N, R and P ratings.</p>	Surgical masks do not effectively filter small particles from the air.
Use Limitations	<p>Generally, single use. Should be discarded when it:</p> <ul style="list-style-type: none"> • becomes damaged or deformed, • no longer forms an effective seal to the face, • becomes wet or visibly dirty, • breathing through it becomes more difficult, or • becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids. <p>Some types of respirators can be reused (e.g., elastomeric masks).</p> <p>Follow manufacturer's instructions.</p>	<p>One time use (one patient encounter).</p> <p>Follow manufacturer's instructions.</p>

Source: National Institute for Occupational Safety and Health (NIOSH), 2016. Respirator Trusted-Source Information – Section 3: Ancillary Respirator Information.

Note: See the NIOSH page for further distinction between respirators, surgical masks, and N95 surgical masks.

Novel

Simply meaning "new," a novel coronavirus is a strain that hasn't been detected in humans before. The virus responsible for the current epidemic is often called the novel coronavirus.

PANDEMIC TERMS

Pandemic Alert Level 1 - Clemson's Pandemic Alert Level 1 equals the World Health Organization (WHO) Phase 3: Human infections with new subtype, but no sustained human-to-human spread.

Elevated Pandemic Risk Level 2 - Clemson's Elevated Pandemic Risk Level 2 equals the World Health Organization (WHO) Phase 4: Small, highly localized clusters anywhere in the world with limited human-to-human transmission.

Pandemic Imminent Level 3 - Clemson's Pandemic Imminent Level 3 equals the World Health Organization (WHO) Phase 5: Person-to-person spread of pandemic within local communities anywhere in the world.

Pandemic Period Level 4 - Clemson's Pandemic Period Level 4 equals the World Health Organization (WHO) Phase 6: Increased and sustained transmission in the general population.

Personal Protective Equipment ("PPE")

PPE is equipment worn by a worker to minimize exposure to specific hazards. Examples of PPE include respirators, gloves, aprons, fall protection, and full body suits, as well as head, eye and foot protection. Using PPE is only one element in a complete hazard control program that would use a variety of strategies to maintain a safe and healthy environment. PPE does not reduce the hazard itself nor does it guarantee permanent or total protection. Personal protective equipment should never be the only method used to reduce exposure except under very specific circumstances because PPE may "fail" (stop protecting the worker) with little or no warning. For example: "breakthrough" can occur with gloves, clothing, and respirator cartridges.

PHAC

Public Health Agency of Canada.

The Public Health Agency of Canada empowers Canadians to improve their health. In partnership with others, its activities focus on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making. It values scientific excellence and provides national leadership in response to public health threats.

CMO (Public Health)

The Chief Medical Officer (Public Health) is the senior public health official for NB and is responsible for monitoring the health of the population of NB and providing independent advice to the ministers and public officials on public health issues. The responsibilities of the Chief Medical Officer (CMO) are outlined in the *Public Health Act*. As the senior public health official for New Brunswick, the CMO:

- Provides independent advice to the Ministers and public officials on public health issues;

- Monitors the health of the population of New Brunswick and advises, in an independent manner, the ministers and public officials on public health issues and on the need for public health related legislation, policies and practices;
- Recommends actions to improve health and wellness in NB;
- Delivers reports that are in the public interest and annual reports on the health of the population and government's progress in achieving population health targets;

Public health emergency

A public health emergency is an official designation made by a government body. It's called different things in different countries and is enacted by different groups therein. In the U.S., a public health emergency (PHE) is determined by the Secretary of the Department of Health and Human Services. Such a designation can help the government access special funds and resources to address the emergency. Similarly, a public health emergency of international concern (PHEIC) is a larger global designation that can be determined by the World Health Organization. The WHO designated the novel coronavirus a PHEIC in late January 2020.

As defined by the World Health Organization (WHO), A public health emergency (the condition that requires the governor to declare a state of public health emergency) is defined as "an occurrence or imminent threat of an illness or health condition, caused by bio terrorism, epidemic or pandemic disease, or (a) novel and highly fatal infectious agent or biological toxin, that poses a substantial risk of a significant number of human fatalities or incidents or permanent or long-term disability (WHO/DCD, 2001). The declaration of a state of public health emergency permits the governor to suspend state regulations, change the functions of state agencies.

Presumptive and confirmed cases

A presumptive case means that a local health agency has received a positive test result from a patient. But the test needs to be validated with a second test. Provincial labs in Ontario, British Columbia, Quebec, New Brunswick and Alberta conduct the second test whereas other provinces need to send a sample to the National Microbiology Lab in Winnipeg.

Once two tests have come back positive, it is a confirmed case.

Quarantine

Describes separating and restricting the movement of people who may have been exposed to a contagious disease to see if they become sick. People who are quarantined could be healthy and are not necessarily infected.

R0

R0, pronounced "R-naught" is a measurement used to describe the intensity of an outbreak. R0 is only used when everyone is vulnerable to a disease, meaning no one has had the disease before, and therefore has not been vaccinated. As a result, there is no way to control the spread. An R0 value of 1 means that each infection will cause one new infection. If it's greater than 1, each infection will cause more than one new infection. This could create a potential epidemic. R0 estimates for the virus that causes COVID-19 are around 2 to 3, which is slightly higher than that for seasonal influenza (R0 ~1.2-1.3), but far lower than more contagious diseases such as measles (R0 ~12 - 18).

Recommended Public Health Measures (Government of Canada)

Table 1: Recommended individual public health measures

	Asymptomatic, not at high risk of complications, without COVID-19 or any exposure risk	Asymptomatic, at high risk of complications ¹ , without any exposure risk	Asymptomatic high risk of exposure (e.g. close, unprotected contact)	Asymptomatic medium risk of exposure (e.g. protected contact, traveller from affected area)	Symptomatic, suspected of having or know to have COVID-19 ¹
Hand Hygiene	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Respiratory Etiquette	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Use of face masks					<input checked="" type="checkbox"/> + any caregiver(s)
Cleaning	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Self-Monitoring			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> for worsening
Social distancing					
Isolation					<input checked="" type="checkbox"/>
Voluntary home quarantine (self-isolation)			<input checked="" type="checkbox"/>		
Protective self-separation		<input checked="" type="checkbox"/>			
Voluntary avoidance of crowded places				<input checked="" type="checkbox"/>	
Mandatory quarantine			<input checked="" type="checkbox"/> Depending on circumstances		

Resolved

An infection case is considered resolved when a person is no longer infected with the virus.

Self-isolation vs. quarantine vs. shelter-in-place

Self-isolation vs. quarantine vs. shelter-in-place

The terms are often used interchangeably. But health officials sometimes distinguish between "quarantine" and "isolation," which can be both voluntary and mandatory.

Self-isolation means staying home and avoiding situations where you could come in contact with others. You may not self-isolate in a place where they will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. Self-isolation is when you have been instructed to separate yourself from others, with the purpose of preventing the spread of the virus, including those within your home. If you are ill, you should be separated from others in your household to the greatest extent possible.

Even if you do not have symptoms, it is recommended to self-isolate for 14 days if:

- You have travelled anywhere outside of Canada (including the US).
- You live with, provided care for, or spent extensive time with someone who has:
 - Tested positive for COVID-19, OR is suspected to have COVID-19, OR who has respiratory symptoms (fever, cough, or shortness of breath) that started within 14 days of travel outside of Canada.

(Adapted from source: [Ottawa Public Health Self-Isolation Instructions](#))

Coronavirus Disease 2019 (COVID-19)

How to self-isolate

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Coronavirus Disease 2019 (COVID-19)

Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



Self-Monitor vs Self-Isolate

KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING



SELF-MONITORING	SELF-ISOLATION	ISOLATION
<p> You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days 	<p>You have:</p> <ul style="list-style-type: none"> no symptoms <p>AND</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19 	<p>You have:</p> <ul style="list-style-type: none"> symptoms, even if mild <p>AND</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
<p> SELF-MONITOR means to:</p> <ul style="list-style-type: none"> monitor yourself for 14 days for one or more symptoms of COVID-19 go about your day but avoid crowded places and increase your personal space from others, whenever possible Increase physical distance from others by practicing physical distancing 	<p>SELF-ISOLATE means to:</p> <ul style="list-style-type: none"> stay at home and monitor yourself for symptoms, even if mild, for 14 days avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic Limit contact with others by practicing physical distancing 	<p>To be ISOLATED means to:</p> <ul style="list-style-type: none"> stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people Limit contact with others and do not leave home unless absolutely necessary, such as to seek medical care
<p> You need to self-monitor it:</p> <ul style="list-style-type: none"> you have reason to believe you have been exposed to a person with COVID-19 <p>OR</p> <p> you are in close contact with older adults or medically vulnerable people</p> <p>OR</p> <ul style="list-style-type: none"> you have been advised to self-monitor for any other reason by your Public Health Authority 	<p>Self-isolate it:</p> <ul style="list-style-type: none"> you have travelled outside of Canada within the last 14 days <p>OR</p> <ul style="list-style-type: none"> your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19 	<p>You need to isolate it:</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 <p>OR</p> <ul style="list-style-type: none"> you are waiting to hear the results of a laboratory test for COVID-19 <p>OR</p> <ul style="list-style-type: none"> you have been advised to isolate at home for any other reason by your Public Health Authority
<p> If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible</p>	<p>If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible</p>	<p>If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions</p>

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:

 1-833-784-4397

 canada.ca/coronavirus

Self-monitoring	Self-isolation	Isolation
<p>You have:</p> <ul style="list-style-type: none"> no symptoms AND a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days 	<p>You have:</p> <ul style="list-style-type: none"> no symptoms AND a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19 	<p>You have:</p> <ul style="list-style-type: none"> symptoms, even if mild AND you have been diagnosed with COVID-19 or are waiting for the results of a lab test for COVID-19
<p>Self-monitor means to:</p> <ul style="list-style-type: none"> monitor yourself for 14 days for one or more symptoms of COVID-19 go about your day but avoid crowded places and increase your personal space from others, whenever possible 	<p>Self-isolate means to:</p> <ul style="list-style-type: none"> stay at home and monitor yourself for symptoms, even if mild, for 14 days avoid contact with other people to help prevent the spread of disease in your home and in your community in the event you become symptomatic 	<p>To be isolated means to:</p> <ul style="list-style-type: none"> stay at home until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others avoid contact with other people to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people
<p>You need to self-monitor if:</p> <ul style="list-style-type: none"> you have reason to believe you have been exposed to a person with COVID-19 OR you are in close contact with older adults or medically vulnerable people OR you have been advised to self-monitor for any other reason by your Public Health Authority 	<p>You need to self-isolate if:</p> <ul style="list-style-type: none"> you have travelled outside of Canada within the last 14 days OR your Public Health Authority has identified you as a close contact of someone diagnosed with COVID-19 	<p>You need to isolate if:</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 OR you are waiting to hear the results of a laboratory test for COVID-19 OR you have been advised to isolate at home for any other reason by your Public Health Authority
<p>If you develop symptoms, isolate yourself from others immediately and contact your Public Health Authority as soon as possible</p>	<p>If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible</p>	<p>If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions</p>

Factsheet - Government of Canada:

(Table source: Government of Canada - [Know the Difference : Self-monitoring, self-isolation, and isolation for COVID-19](#))

Self-monitoring

Self-monitoring is implemented when individuals are potentially exposed to the virus and includes monitoring for the occurrence of symptoms compatible with COVID-19. If symptoms develop, the individual should follow the recommended public health actions regarding convalescing at home versus seeking medical care, depending on severity of symptoms and the presence of underlying medical conditions.

Self-quarantine

The practice of isolating yourself from others until it is considered safe to return to public life. In the case of COVID-19, people who suspect they might have been exposed to the virus should self-quarantine for 14 days.

Social distancing versus physical distancing

Social distancing measures are approaches taken to minimize close contact with others in the community and include: quarantine and self-isolation at the individual level as well as other community based approaches (e.g. avoiding crowding, school measures and closures, workplace measures and closures, public/mass gathering cancellations).The World Health Organization stressed on March 25 that it is no longer using "social distancing" in its updates. It now prefers the term "physical distancing" to remind people to stay in touch with the elderly and other vulnerable groups. The terms are interchangeable, and according to top health experts, distancing means keeping at least two metres away from others.

Social distancing in real life

How to maintain a two-metre distance between you and the people around you



*Scale is approximate
CBC NEWS

Social distancing

Measures designed to keep people away from crowded places where a virus could more easily spread. In the case of COVID-19, health officials are encouraging members of the public to work from home, cancel mass events and maintain about six feet of space between themselves and others. A radical measure is to close most businesses and order the public to shelter at home except for essential activities, such as purchasing food and caring for relatives, while allowing people to go outside for a walk

State of emergency

A legal designation that allows civic leaders to request and obtain certain types of financial aid from the government and take certain actions to protect the public.

New Brunswick

“Emergency” means a present or imminent event in respect of which the Minister or municipality, as the case may be, believes prompt coordination of action or regulation of persons or property must be undertaken to protect property, the environment or the health, safety or welfare of the civil population. (*NB Emergency Measures Act*).

Prince Edward Island

“Emergency” means a present or imminent event in respect of which the Minister or municipality believes prompt co-ordination of action or special regulation of persons or property must be undertaken to protect the health, safety or welfare of people or to limit damage to property (*PEI Emergency Measures Act*).

Substitution

Substitution occurs when a new chemical or substance that is less hazardous is used instead of another chemical. It is sometimes grouped with elimination because, in effect, you are removing the first substance or hazard from the workplace. The goal, obviously, is to choose a new chemical that is less hazardous than the original.

Supervision Level Definitions

Direct Medical: the person is under the direct continuous clinical care of a healthcare provider in a clinical setting (e.g. inpatient at a hospital or isolated to a government facility).

Public Health Supervision: the person is monitored directly by local public health authorities, in-person or remotely, on a regular basis (e.g. daily).

Delegated Supervision: The local public health authority has delegated oversight to an appropriate occupational health or infection control program at a trusted organization (e.g. healthcare, higher education, corporation). The delegated supervisor maintains coordination with the public health department of local jurisdiction.

Self: The person is instructed to monitor themselves for and report certain signs and symptoms of potential illness to the healthy authority.

Viral shedding

The period of time after the virus has replicated in the host and is being emitted.

Voluntary home quarantine ("self-isolation")

Is recommended for an asymptomatic person, when they have a high risk of exposure to the virus that causes COVID-19, (i.e., through close contact with a symptomatic person or their body fluids). They are asked to self-isolate in the home-setting to avoid contact with others in order to prevent transmission of the virus at the earliest stage of illness (i.e., should they develop COVID-19).

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