

CORONAVIRUS AND COVID-19

GENERAL INFORMATION

- Coronavirus are a large family of viruses that cause respiratory illness. Some coronavirus strains cause no or mild illness, like a common cold, but others can cause severe illness. They range from the common cold to SARS, MERS and COVID-19.
- COVID-19 is a new strain of coronavirus. Its origin is not fully known at this time.

SYMPTOMS OF COVID-19

- Those infected with COVID-19 may have little to no symptoms. You may not even know you have it because the symptoms are similar to cold and flu.
- Symptoms may take 14 days to appear after exposure. Symptoms have included: fever, cough, difficulty breathing. In severe cases, infection can lead to death.

HOW IT SPREADS

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of those nearby or possibly be inhaled into lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- The risk of catching the virus from a package that has been moved, travelled, and exposed to different conditions and temperatures is low. Currently there is no evidence to support transmission of COVID-19 associated with goods.

PREVENTION METHODS

- There is currently no vaccine for COVID-19.
- Use PPE's available from Canada Post, ie.: gloves, masks.
- Practice social distancing. Keeping a distance of 1-2 meters between you and another person, especially if the other person is ill.
- If requiring a signature, wipe down PDT's, stylist or pens. Wash or clean hands with disinfectant.
- When delivering to or entering buildings/apts., remember clean hands in and clean hands out.
- Clean work areas that are frequently touched using a disinfectant wipe at beginning of shift.
- Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

RESOURCES

World Health Organization
<https://www.who.int/health-topics/coronavirus>

Health Canada
<https://www.canada.ca>, Search coronavirus
COVID-19 Information Line: 1-833-784-4397

Public Health Ontario
<https://www.ontario.ca/page/2019-novel-coronavirus>
Telehealth Ontario: 1-866-797-7700

Toronto Public Health
<https://www.toronto.ca>, Search coronavirus
416-338-7600

Peel Public Health
<http://www.peelregion.ca/coronavirus/>
905-799-7700

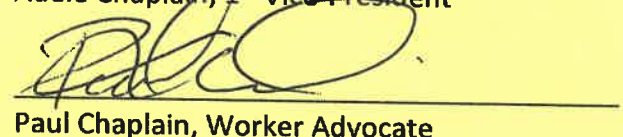
CUPW COVID-19 Hotline: 416-249-6502

In Solidarity,


Megan Whitfield, President


Bernadette Barber, Worker Advocate


Adele Chaplain, 1st Vice-President


Paul Chaplain, Worker Advocate