

Subject: Novel Coronavirus (COVID-19) Update

As you are aware, concerns about Coronavirus, also known as “COVID-19”, are increasing throughout Canada.

While the media has been quick to provide real-time updates on the spread of the virus, we highly recommend you rely on trusted and respected health services when researching and communicating about the novel coronavirus. These include the Public Health Agency of Canada (PHAC) at www.canada.ca/en/public-health, Centers for Disease Control and Prevention (CDC) at www.cdc.gov and the World Health Organization (WHO) at www.who.int.

Below is a brief summary of information and best practices published by the CDC to help you protect yourself from this health concern

What is the Novel Coronavirus?

Coronaviruses (CoV) are a large family of viruses, some that cause illness in people and others that cause illness in animals. Coronaviruses include the seasonal flu and common cold. Novel (new) coronaviruses are new strains of the virus that have not been previously identified in humans.

Symptoms

Reported symptoms can include a fever, cough, or shortness of breath and may appear in as few as two to fourteen days following exposure. **If you develop a cold or flu-like symptoms, especially after travelling, it is recommended that you call 811 for assistance and advice.**

How It Spreads

According to the CDC, transmission of the virus is primarily spread between people who are in close contact with one another. It is also believed that a person can be exposed to the new coronavirus by touching a compromised surface or object. However, due to the delicate nature of the virus, the CDC has stated that exposure from products or packaging that are shipped or mailed over a period of days or weeks as “very low risk.”

Prevention & Treatment

The PHAC, WHO and the CDC have recommended the following steps to help reduce the risk of exposure and to help prevent spreading the virus:

- Clean your hands with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Cover your nose and mouth when coughing and sneezing with tissue or a flexed elbow, and frequently dispose of used tissues
- Avoid close contact with anyone with cold or flu-like symptoms
- Clean and disinfect objects and surfaces
- Stay home if you feel like you have cold or flu-like symptoms

PHAC has developed a Frequently Asked Questions (FAQ) page that provides additional information about COVID-19 that can be found here:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html>

Community Kitchen has obtained the foregoing information from the reliable sources noted above, but we are not authorities in addressing infectious diseases and urge you to continue to seek appropriate medical advice from your healthcare professional.

We will continue to closely monitor information from PHAC, the CDC, WHO and other credible sources of information and will provide additional updates as needed.