



Disclaimer

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This printable resource is built from the online education course available via SASWH’s website (www.saswh.ca). The online education course offers a variety of videos, useful website links and a quiz to *Test Your Knowledge*. Due to changes in content that may be required, the online education course will be deemed most current and will supersede content in this printable resource.

SASWH anticipates maintaining the online education course during the current COVID-19 pandemic.

SASKATCHEWAN ASSOCIATION FOR

SAFE WORKPLACES

IN HEALTH

Workplace health and safety:
a priority for all.

Introduction to COVID-19

The people of Saskatchewan and all system partners are working hard to contain COVID-19. Over time, we learn more about the virus and how it spreads. This information is constantly changing, and it can be hard to stay up-to-date.

Still, it's really important that we stay informed. If we have the latest information from reliable sources, we can better prevent COVID-19 from spreading - helping to keep us safe, including our family and friends.

Module 1

In this module, you'll learn more about COVID-19 and how to find current, reliable information.

By the end of this module, you will be able to:

- 1) explain what COVID-19 is
- 2) recognize the symptoms of COVID-19
- 3) describe how COVID-19 is transmitted
- 4) find sources of reliable COVID-19 information

The Basics

Coronaviruses are a large family of viruses that can cause illness in humans and animals. In humans, some coronaviruses can cause respiratory infections. These infections range from the common cold to more serious diseases, such as Severe Acute Respiratory Syndrome (SARS).

COVID-19 is caused by a recently discovered coronavirus called SARS-CoV-2. This virus was unknown before it broke out in Wuhan, China, in December 2019. COVID-19 is now a pandemic that affects many countries around the world.

Symptoms

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and the common cold.



COVID-19: The Basics and Doing Your Part

Here are the **most common** symptoms of COVID-19:

- Fever *
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Headache
- Chills
- Runny nose
- Loss of sense of smell or taste
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

**Fever: Average normal body temperature taken orally is about 37°C*

Less common symptoms include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes

No Symptoms

Many people with COVID-19 experience only mild symptoms, like a minor cough. This is particularly true in the early stages of the disease.

It is also possible for someone with COVID-19 to experience no symptoms and not feel ill at all.

Some reports have indicated that people with no symptoms can transmit the virus. However, it is currently unclear if people without symptoms contribute significantly to the spread of the virus.

Transmission



COVID-19 is primarily transmitted by direct, prolonged contact with an infected person and their respiratory droplets. These droplets spread whenever a person speaks, breathes, coughs, and sneezes.

These droplets usually spread one or two meters before falling to the ground—which is why it's important to maintain a distance of two meters from others.

If you're in close contact with an infected person for more than a few moments, your risk of infection increases. Their droplets can enter your body through your mouth, nose, or eyes. This is why, when possible, it's a good idea to wear a protective mask.

COVID-19 can also be transmitted by touching a contaminated surface, then touching your mouth, nose, or eyes. Such surfaces are contaminated by respiratory droplets or if they're touched by contaminated hands. That's why you should regularly wash your hands with soap and water.

Stay Informed

Misinformation

We are constantly exposed to misinformation about COVID-19. False news is often shared on social media by internet advertisements and scammers. This misinformation not only causes unnecessary fear and panic, but it can prevent people from taking necessary precautions against the disease.

To protect yourself and your community from COVID-19 misinformation, follow these three steps:

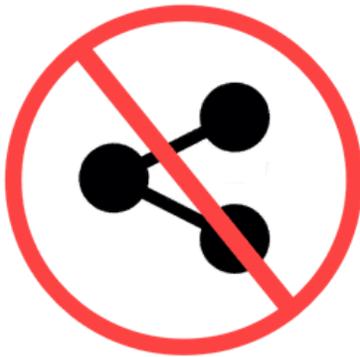


1. Check your facts

If you read or hear something that sounds suspicious, check where it came from before accepting it as true. There are many reputable sources that are working hard to fact check COVID-19 information and distinguish fact from fiction for you.

World Health Organization Myth-busters:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>



2. Do not share or repost unverified information

If you cannot confirm that the information comes from a reputable source, do not share it with others. This is important to prevent the spread of false news in your community.



3. Stick with trusted information sources

There are many reputable sources of COVID-19 news and information. Your local and national authorities will provide you with the best advice on what people in your area should be doing to protect themselves.

Trusted Information for Saskatchewan Residents

Local authorities are the best places to advise on what you should be doing to protect yourself and your community.

Saskatchewan's Response to COVID-19

This website - <https://www.saskatchewan.ca/covid19> - provided by the Government of Saskatchewan, offers information on the current state of the pandemic in Saskatchewan, how the government is responding, and public health orders. You can also find links to the latest press statements and videos.

World Health Organization (WHO)

The WHO brings together the world's top health experts to produce international reference materials and to make recommendations to bring better health to people throughout the world. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Module 2

In Saskatchewan, we've been working hard to prevent the spread of COVID-19. To do that, we've had to make difficult decisions and big sacrifices - but this has led to incredible progress, and that's worth celebrating.

But we're not done yet. COVID-19 is still a danger to us all, especially our seniors and other at-risk people, so we have to keep doing our part - at home, at work, and in the community.

In this module, you'll learn the most effective ways to help slow the spread of COVID-19.

By the end of this module, you will be able to...

- 1) demonstrate behaviours that will reduce the spread of infection
- 2) apply proper hand hygiene techniques
- 3) put on, wear, and remove a mask properly

Slow the Spread of Infection

There are many things that you can do in your everyday life to help prevent the spread of COVID-19.



1. Wash your hands with soap and water often, especially if your hands are visibly dirty. Do this for at least 20 seconds. If soap and water aren't available, use hand sanitizer (70% alcohol minimum).

2. Avoid touching your eyes, nose or mouth - this increases the likelihood of bacteria and viruses getting into your body.

3. Frequently clean commonly touched surfaces, such as counters, tabletops, doorknobs, sink taps, and cellphones.



4. Practice physical distance whenever possible - stay at least 2 meters (2 arm lengths) away from others when you leave the house.

5. Wear a mask when you're unable to stay 2 meters away from other people.

Using Soap & Water

Step 1: Wet hands with warm water.

Step 2: Apply soap.

Step 3: Wash hands for 40-60 seconds (including your palms, back of each hand, between fingers, thumbs, tips of fingers and under nails).

Step 4: Rinse well.

Step 5: Dry hands well with paper towel.

Step 6: Turn off tap using paper towel.

Using Alcohol Based Hand Sanitizer

Step 1: Apply palm full of sanitizer - enough to cover all surfaces of your hands.

Step 2: Rub hands for 20-30 seconds (including your palms, back of each hand, between fingers, thumbs, tips of fingers and under nails).

When your hands are visibly dirty, always use soap and water instead of hand sanitizer.

Handwashing videos in the online education course will provide a visual for both ways to wash your hands.

Wear a Mask

Masks can prevent the spread of COVID-19 by acting as a barrier to other people's respiratory droplets. These droplets spread whenever a person breathes, speaks, laughs, coughs, and sneezes.

Even if you're healthy, wearing a mask is important to protect yourself and others. Some people may be infected and not know it, and they could spread the infection to others - including elders and at-risk people.

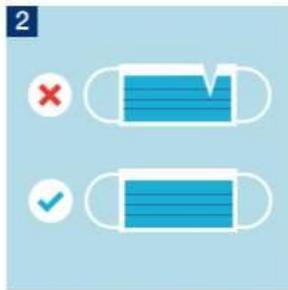
When visiting an elderly friend or family member in a care home, [you must wear a medical mask](#) - the elderly are at higher risk of becoming sick.



HOW TO WEAR A MASK



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



4 Perform hand hygiene.

In the context of the COVID-19 pandemic, many individuals are curious about the proper use of medical masks. WHO released updated advice on the use of masks in the context of COVID-19 on June 5, 2020. A video in the online education course will help you learn more about which individuals should consider wearing a medical mask and how to properly put on, take off and dispose of the mask.

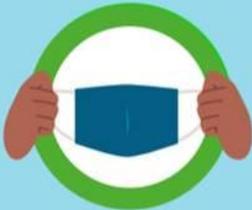
WHAT TO DO:



DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



DO ensure the mask or face covering is clean and dry.



DO inspect the mask for tears or holes.



DO use the ear loops or ties to put on and remove the mask.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



DO discard masks that cannot be washed in a plastic-lined garbage bin after use.



DO store reusable masks in a clean paper bag until you wear it again.

WHAT NOT TO DO:



Many individuals are also curious about the proper use of fabric masks. WHO released updated advice on the use of masks in the context of COVID-19 on June 5, 2020. It has new scientific results on fabrics that can be used for masks. A video in the online education course will help you learn more about which individuals should consider wearing a fabric mask, how to wear it, and how to maintain it.

Any mask, no matter how good, will have minimal effect if it is not used together with frequent hand washing, physical distancing, and not touching your face.

References

About SASWH

SASWH is a non-profit association that is funded through a portion of the Saskatchewan Workers' Compensation Board premiums received from G22 rate code employers - our members. We are a dedicated and diverse group of professionals who guide, mentor, educate, and train healthcare professionals in the development and implementation of the Safety Management Systems (SMS) that has been provincially standardized for the healthcare sector in Saskatchewan.

SASWH is pleased with the partnership of the SHA Patient Family Advisors.

SASWH would like to acknowledge SafecareBC and Family Caregivers of BC for this resource that has been adapted for the Saskatchewan context by the Saskatchewan Association for Safe Workplaces in Health.

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COVID-19: The Basics and Doing Your Part

Content was curated from the resources below:

Saskatchewan.ca <https://www.saskatchewan.ca/covid19>

Information for Residential Homes <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/residential-homes>

British Columbia Centre for Disease Control. 2020. [Hand Hygiene](#)

British Columbia Centre for Disease Control. 2020. [How to wear a face mask](#)

British Columbia Centre for Disease Control. 2020. [Social visiting guidelines for long term care and assisted living facilities](#)

Canadian Centre for Occupational Health and Safety. 2018. [Good Hygiene Practices—Reducing the Spread of Infections and Viruses](#)

Government of British Columbia. 2020. [BC's Restart Plan](#)

Government of Canada. 2020. [How to wear a non-medical mask or face covering properly](#)

Government of Canada. 2020. [How to safely use a non-medical mask or face covering](#)

WorkSafeBC. 2009. [Controlling Exposure: Protecting Workers from Infectious Disease](#)

World Health Organization (WHO). 2015. [How to handrub? With alcohol-based formulation](#)

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British Columbia Center for Disease Control. 2020. [Common questions](#)

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HealthLinkBC. 2020. [Coronavirus disease \(COVID-19\)](#)

Provincial Health Services Authority (PHSA). 2020. [Transmission of the COVID-19 coronavirus](#)

World Health Organization (WHO). 2020. [Five things to know about COVID-19 transmission](#)

World Health Organization (WHO). 2020. [Q&A on coronaviruses \(COVID-19\)](#)

Symptoms of COVID 19 in the elderly:

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Stock photos and icons sourced from www.freepik.com