



Pandemic Response Plan Amendment – COVID-19

March 05, 2020

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1.0 Background

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19.

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

2.0 Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died. People with fever, cough and difficulty breathing should seek medical attention.

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

3.0 The Spread

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 2 meters (6 feet) away from a person who is sick.



4.0 Precautions

Protect Yourself: There are currently no vaccines available to protect you against human coronavirus infection. The following advice can help reduce the risk of infection or spreading to others:

- wash your hands often with soap and water for at least 20 seconds.
- avoid touching your eyes, nose, or mouth with unwashed hands.
- stay home if you are sick.
- when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs.
 - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards.
 - avoid visiting people in hospitals or long-term care centres if you are sick.

All ECRC Offices to have: To help support and promote good hygiene all company offices and response centers should have the following available for employees and visitors:

- Either hand sanitizing stations and/or personal dispensing bottles.
- Facial Tissues for sneezing or coughing into.
- Posted signs on how to thoroughly wash hands.
- Education on the latest company Pandemic Plan and its supporting documentation.

IF you have symptoms: The following will help to reduce contact with others:

- stay home (self-isolate)
- avoid individuals with conditions and compromised immune systems.
- avoid having visitors to your home.
- wash your hands often with soap and warm water for 20 seconds.
- cover your mouth and nose with your arm when coughing and sneezing.
- Wear a mask when out in public.
- Keep your distance, stay 2m (6 feet) away from others.

5.0 Masks

People with no respiratory symptoms, such as cough, do not need to wear a medical mask. The World Health Organization recommends the use of masks for people who have symptoms of COVID-19 and for those caring for individuals who have symptoms, such as cough and fever. The use of masks is crucial for health workers and people who are taking care of someone. Have good healthy lifestyles, including good nutrition, exercise, and smoking cessation. The healthier you are the more your body will be able to fight an infectious disease.

Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection. A suspected COVID-19 infection is linked to travel in areas where cases have been reported, or close contact with someone who has travelled in these areas and has become ill.

6.0 Travel

Travel notices: There are several active travel health notices for COVID-19. Each country or area may have different levels of risk. These risk levels may change as the COVID-19 event evolves internationally. Before you leave, check the destinations that have travel health notices for COVID-19.

Health Risk: All travellers should be aware that there are health risks when you travel. It is important to check your destination before you leave to know the risks and to be prepared. It is advised that you avoid unnecessary travel during this time.

While you are away, and when you return, it is important to monitor your health. If you become sick while travelling, call ahead to a health professional to explain your symptoms. If you become sick upon your return, call your local Public Health Authority for further instructions.

If you have travelled outside Canada, you can reduce the risk of spreading infection by following prevention measures when returning to Canada.

Security: Travellers should expect increased health screening measures at points of entry for international destinations, including airports. Local authorities may impose control measures suddenly, including movement restrictions such as quarantines.

Some governments have implemented special entry and exit restrictions for their territory. Before travelling, verify with the foreign diplomatic mission of your destination to see if its authorities have implemented any specific restrictions related to this situation. These include entry requirements, border closures and flight suspensions. It's highly recommended that you are aware of the latest developments on this evolving situation.

Personal Travel Plans: ECRC employees or family members living with them, with personal travel plans, through March and April, to high risk areas should advise their supervisor of their plans. ECRC Employees or family members living with them, returning from high risk areas should contact their supervisor by phone before entering the workplace to determine if they should be restricted from accessing ECRC~SIMEC sites.

ECRC-SIMEC Travel Recommendations: Any non-essential travel anywhere is discouraged, however, if the you must travel please follow these guidelines.

Type of Travel	Recommendation	Precautions
International (high risk)	All travel cancelled until further notice	
International (medium risk)	All travel cancelled until further notice	
Local (low risk)	Preparedness Activities; Approved* travel only, restricted to employee's immediate local area. No employee travel between Offices / Response Centres. *Approval President or Region Manager Response: Region manager will provide direction at time of call out	Use extra caution and preventative measures while traveling and in crowded areas. Continue to use precautions upon return. <ul style="list-style-type: none"> • Good hygiene practises • Social distancing (2m) • Monitor for symptoms
Conferences with attendance on an international scale	On hold until further notice. Please verify with your Region manager before making any decisions	

NOTE!

Be advised that planned world events and conferences are subject to cancellations, rescheduling or relocating due to the risk of spreading the coronavirus. It has been suggested that these large type gatherings be avoided.

Travel Alternatives:

- 1) Remote connections! use a different method to conduct or attend a meeting, for example video conferencing, telephone conferencing or group chats sessions.
- 2) Delay group events and meetings to a later date. Rescheduling meetings till after the peak risk period or until the corona virus has been declared a non threat.
- 3) Cancellations. Is the travel reason necessary? If not, consider cancelling and not attending at all.

7.0 Health Organization Links

The World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Canada Public Health:

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

Center for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

(Travel) Canada Boarder Service Agency:

<https://www.cbsa-asfc.gc.ca/menu-eng.html>

8.0 Telehealth Lines

If you are concerned that you may have been exposed to, or are experiencing symptoms of COVID-19, please contact your local Telehealth line:

Ontario: 1 866 797-0000

Quebec: 1 877 644-4545

Nova Scotia: 811

Newfoundland: 811

9.0 Be Aware and Stay Informed

Avoid social media and the news for up to date information about the Coronavirus outbreak. Please use reliable resources such as the links provided above for facts about the disease. It is important to stay in the know however, informing yourself with unreliable recourses will only cause stress and misinformation.

SCAM ALERT

Beware of fraudulent schemes implying association with any large health organization or malicious emails phishing for sensitive information. There are some cases of scammers asking for donations towards COVID-19 emergency funds. Please be aware.