



BC Centre for Disease Control  
Provincial Health Services Authority

## **Information about the novel coronavirus (2019-nCoV) and recommendations for patients in the home setting**

### **What is the novel coronavirus (2019-nCoV)?**

Coronaviruses are a large group of viruses that cause illness ranging from the common cold to more severe diseases. Some coronaviruses spread between animals, some between animals and people, and others from people to people. The novel (new) coronavirus (nCoV) is a new strain (type) that has not been identified before in humans.

### **How is the novel coronavirus spread?**

The novel coronavirus is spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
- rarely, contact with feces

**The patient and all members of the household setting should follow good respiratory etiquette and hand hygiene practices (explained below).**

#### **Respiratory etiquette:**

- When coughing or sneezing, cover your mouth and nose with a tissue, face mask, or cough or sneeze into the bend of your arm, not your hand. Always wash your hands afterward.
- If your mask gets wet or dirty with fluids, it should be changed immediately.
- Discard tissues and other materials used to cover the nose or mouth, in a plastic-lined container before adding it to other household garbage.

#### **Hand washing:**

- Wash hands regularly and carefully with soap and water
- Wash all surfaces of the hands including between the fingers and under and around the fingernails
- Avoid touching your mouth, nose or eyes with unwashed hands to prevent infecting yourself or others.
- If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol. After applying the gel or foam, rub your hands together thoroughly until they are dry. This is an easy way to clean your hands as long as they are not visibly dirty.
- For more information on hand washing see HealthLinkBC File #85 [Hand Washing: Help Stop the Spread of Germs](#)

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## **Home care for patients with novel coronavirus (nCoV)**

### **How to prevent the spread of coronavirus infection to household contacts or the community**

#### **The person who is sick should:**

- stay at home while they are sick and not go to work, school or other public areas until they no longer have symptoms of the disease and are feeling well enough to return to normal activities.
- limit their contact with others, as much as possible – this includes household members and visitors.
- stay in a room by themselves, including sleeping at night if possible.
- be separated from others in the household. If they cannot be separated, they should follow respiratory etiquette, especially while others are in the same room.

#### **People in the household should:**

- avoid sharing toothbrushes, cigarettes, eating utensils, drinks, towels, washcloths or bed linen.

#### **The household:**

- Shared spaces (e.g., kitchens, bathrooms) should be kept well ventilated, if possible.
- Avoid handling items used or touched by the patient
- Dishes and eating utensils should be cleaned with soap and water after use.
- High-touch areas such as toilets, bedside tables and door handles should be cleaned daily using regular household cleaners or diluted bleach (one part bleach to nine parts water); clothes, handkerchiefs and bedclothes of the case can be cleaned using regular laundry soap and water (60-90°C). Use disposable gloves and protective clothing (e.g. plastic aprons, if available) when cleaning or handling surfaces, clothing, or linen soiled with bodily fluids.

## **How to care for the case in the home setting as safely as possible**

#### **For caregivers and others sharing the home environment:**

- If direct contact care (care that involves touching the patient) must be provided, the patient should wear a face mask and follow respiratory etiquette.
- The caregiver providing direct contact care to the patient should also wear a face mask and eye protection when within two meters of the patient and perform hand hygiene after contact.

January 31, 2020



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- Masks should not be touched or handled during use. If the mask gets wet or dirty with fluid, it should be changed immediately. After discarding the mask, hand hygiene should be performed.
- Direct contact with body fluids, particularly oral, and respiratory secretions should be avoided. Use disposable gloves to provide oral or respiratory care, and when handling stool, urine and waste, if possible. Perform hand hygiene following all contact.
- Anyone who is at higher risk of developing complications from infection should avoid caring for or coming in close contact with the case. This includes people with underlying chronic health conditions or weakened immune systems.
- Persons caring for a case should limit their contact with other people as much as possible and monitor themselves for any signs of illness for 14 days from last close contact with the case.

#### **Where and when to seek medical attention**

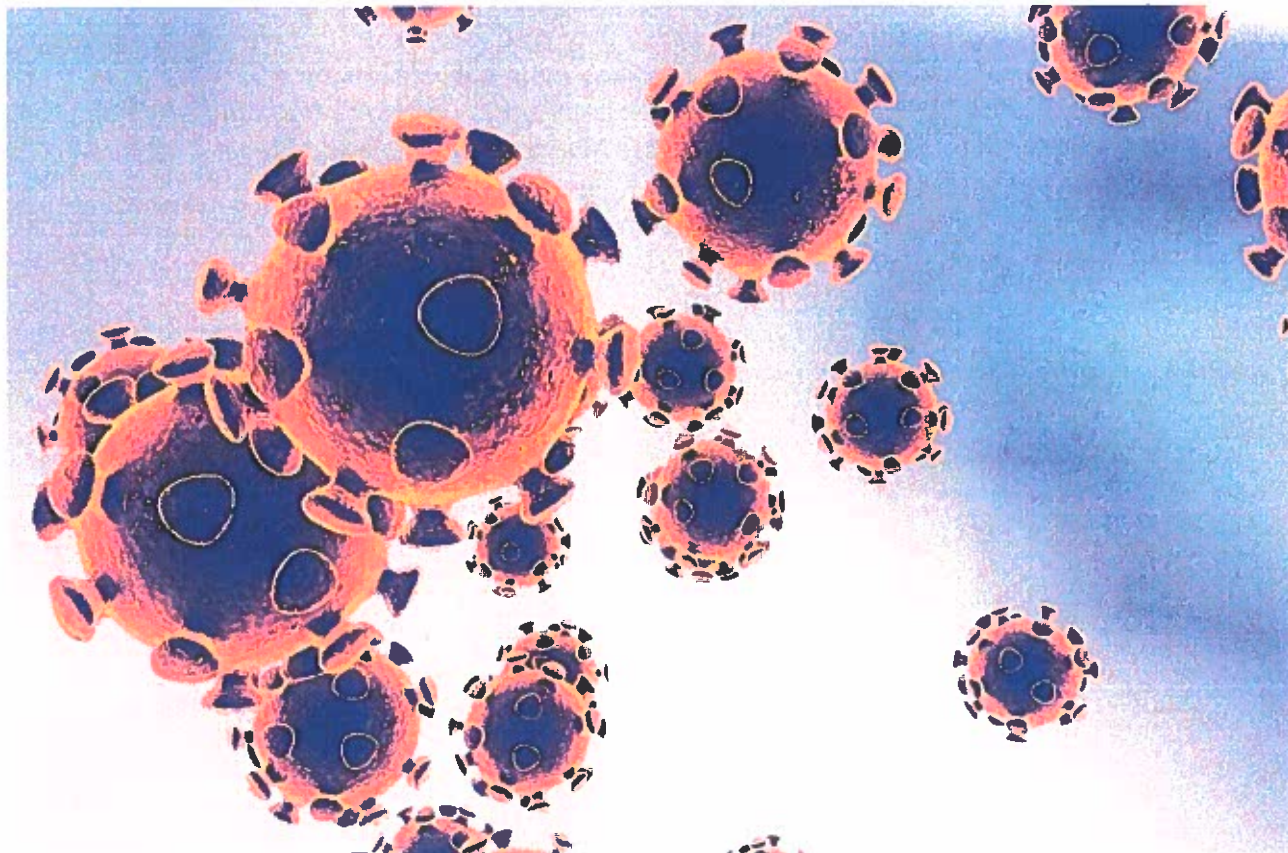
If you, the patient and/or your family or household members need additional care, contact your usual health care provider (e.g. family doctor) or call ahead and go to an urgent care centre or emergency department.

## Information on novel coronavirus (COVID-19)

Anyone concerned that they may have been exposed to, or are experiencing, symptoms of the novel coronavirus COVID-19 should contact their primary care provider, local public health office, or call 8-1-1.

Public Health Agency of Canada has set up a 2019 novel coronavirus telephone **information line at: 1-833-784-4397.**

[WHO Declares COVID-19 a Pandemic](#)



While the risk to First Nations people in British Columbia from novel coronavirus COVID-19 continues to be low, the threat is being taken seriously. The First Nations Health Authority is working with our provincial partners and the Public Health Agency of Canada to actively monitor the situation. Protocols are in place to screen for infections in any returning travelers and follow up on any identified cases. The Public Health Agency of Canada continues to reassure Canadians that our public health system is well positioned to identify and manage any additional cases.

### **What are the symptoms of novel coronavirus COVID-19 and how is it spread?**

The novel coronavirus causes a respiratory disease that has similar symptoms to other respiratory illnesses, including fever, dry cough, sore throat and headache. The virus is spread by droplets produced when a person with the infection coughs or sneezes.

### **How do I protect myself and my family?**

We are reminding everyone to take the following measures, which can also protect against other respiratory illnesses such as influenza:

- Frequent and thorough handwashing
- Cover your mouth with a tissue when coughing or sneezing
- Stay home when sick

There is no reason for travelers who have been screened and found to be without symptoms to be prevented from working, going to school or attending events unless instructed to do so by public health officers.



## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

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.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

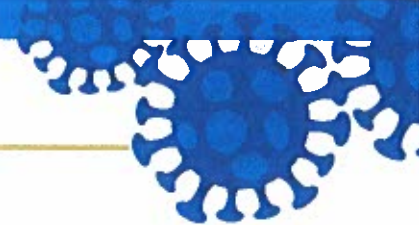
**For more information on coronavirus:**

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

## COVID-19 — BE PREPARED



Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

### Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

### Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

### Stock up on:

- ▶ Dried pasta and rice
- ▶ Pasta sauces
- ▶ Canned soups, vegetables and beans
- ▶ Pet food and supplies
- ▶ Feminine hygiene products
- ▶ Thermometer
- ▶ Diapers
- ▶ Soap
- ▶ Alcohol-based hand sanitizer
- ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children)
- ▶ Facial tissue
- ▶ Toilet paper
- ▶ Paper towels
- ▶ Plastic garbage bags
- ▶ Dish soap
- ▶ Laundry detergent
- ▶ Household bleach
- ▶ Household cleaning products

### Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

### Stay Informed

For more information on coronavirus:

**1-833-784-4397**

[canada.ca/coronavirus](https://canada.ca/coronavirus) | [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)