Covid-19 (Coronavirus 2019) - Precautionary Measures

The question is no longer if; the Covid-19 virus may already be in your community or may arrive in a not-so-distant future. The route of transmission of these viruses is not always certain, but generally they spread from person to person through respiratory droplets when people are in close contact. "Close contact" occurs, for example, by:

- being within two metres of a person with the virus without wearing protective equipment;
- having direct contact with respiratory droplets (from a cough or sneeze) from an infected person; and
- making physical contact with a surface that is contaminated with infectious fluids.

Since Vincentians and personnel of the Society are in contact with people, it is important to notice the symptoms and to follow some preventing measures.

Please circulate this message, with further update to be provided as the situation evolves.

Prevention - Personal

To help protect you and your family against all respiratory illnesses, including flu and COVID-19, you should:

- Wash your hands often and well;
- Avoid touching your face, nose, or mouth with unwashed hands;
- Avoid close contact with people who are sick;
- Clean and disinfect surfaces that are frequently touched;
- Stay at home and away from others if you are feeling ill;
- When sick, cover your cough and sneezes and then wash your hands.

Prevention - SSVP location of operations

- post notices on symptoms awareness and prevention;
- have hand washing stations, and/or hand rub dispensers;
- clean and disinfect premises frequently;
- apply preventative measures regarding contagion when symptoms are suspected by contacting local health authorities, and by referring employees and volunteers if suspected of being exposed to or showing symptoms of a COVID-19 infection.

Symptoms

Symptoms for COVID-19 are similar to those for influenza or other respiratory illnesses. They can range from mild to severe and include:

- Fever
- Cough
- Difficulty breathing