

January 29, 2020

As you may be aware, there is a new respiratory virus known as novel Coronavirus (2019-nCoV) which originated in Wuhan, Hubei province, China, and has spread to a number of other parts of China and other countries, including Canada. Currently, all cases in Canada and internationally have direct links to Wuhan. The virus produces respiratory infection with a range of severity and presently there is evidence of person-to-person spread; however, how effectively it transmits between people is not clear.

The overall risk to Canadians and Nova Scotians is low at this time.

If you are concerned about the 2019-nCoV, please read the following three questions carefully.

1. Have you traveled to or through Hubei province, China within the past 14 days?
2. In the past 14 days, have you been in close contact with a confirmed case of 2019-nCoV?
3. In the past 14 days, have you been in close contact with a person with fever or acute respiratory illness (new or worsening cough or difficulty breathing) who has been to Hubei province, China within 14 days prior to becoming ill?

If the answer is **YES**
to any of these
questions

If the answer
is **NO** to all
questions

Then follow these instructions:

1. If you **do not** have fever or acute respiratory symptoms (new or worsening chronic cough, difficulty breathing)
 - a. Continue your daily activities as usual (you do not need to wear a mask or isolate yourself)
 - b. Monitor closely for the development of fever and new or worsening chronic cough or difficulty breathing
 - c. If fever and acute respiratory symptoms occur, follow #2.
2. If you have fever or acute respiratory symptoms (new or worsening cough or difficulty breathing):
 - a. Seek medical attention at the closest Emergency Department (ED)
 - b. If available, wear a mask to the ED
 - c. Upon arrival at the ED, advise of your symptoms and that you meet the above criteria (i.e. travel to or through Hubei province, China or close contact with a confirmed or symptomatic individual)

No special measures
needed. Follow the
routine prevention
measures outlined
below.

It is also that time of year when respiratory viruses that cause the common cold or other illness such as influenza (flu) are circulating in our communities.

It is important to take the following routine **prevention measures** to stay healthy:

- Wash hands frequently with soap and water or use alcohol-based hand rub when hands are not visibly soiled.
- Cough and sneeze into your elbow or a tissue. If using a tissue, immediately place it in a waste disposal and wash hands.
- If possible, stay home when ill with acute respiratory symptoms; if this is not possible limit close contact with others.
- Limit touching your eyes, nose and mouth.
- Don't share items that may have saliva on them such as, drinking glasses and water bottles.
- Frequently clean surfaces like taps, doorknobs and countertops.
- Use of masks by the general public for respiratory illnesses such as influenza and 2019-nCoV, have not been shown to be effective in preventing virus spread and are not recommended for prevention.

For more information on the novel Coronavirus (2019-nCoV) and advice for travellers please visit:

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