



# WHAT YOU NEED TO KNOW WHILE WORKING DURING COVID-19



## KNOW THE SIGNS AND SYMPTOMS OF COVID-19

Early recognition and isolation are key to helping reduce the spread of COVID-19.



New or worsening cough



Fever



Shortness of breath or difficulty breathing

Important considerations for your assessment of a patient with symptoms of influenza-like illness include:

- ▶ Recent travel to an affected area
- ▶ Close contact with a probable or confirmed case of COVID-19
- ▶ Close contact with someone who has acute respiratory illness following travel to an affected area
- ▶ Laboratory exposure



## KNOW HOW TO PROTECT YOURSELF

COVID-19 is a disease caused by the virus SARS-CoV-2, which spreads through respiratory droplets when a person sneezes or coughs. It can be transmitted by coming into close personal contact with an infected person or by touching a contaminated surface and then touching your eyes, nose or mouth.

Before you provide care, review your provincial/territorial and organizational policies on infection prevention control practices for COVID-19. National guidelines state:

- ▶ For care of suspected or confirmed cases of COVID-19, droplet/contact precautions are required; these precautions include **facial protection** (with surgical or procedure mask and eye protection — goggles, safety glasses, visor, or face shield), **gown** and **gloves**.
- ▶ For aerosol-generating medical procedures (AGMPs), N95 respirators are required.

Nurses should use a point-of-care risk assessment (PCRA) to determine the level of protection required. [Read CNA's position on personal protective equipment.](#)



## KNOW THE PROTOCOL FOR UNPROTECTED EXPOSURE

If you have unprotected exposure with a person confirmed or suspected to have COVID-19, immediately contact your supervisor or occupational health services.



## KNOW YOUR SOURCES

As we continue to learn more about the disease, it's important to be educated and up to date with evidence-based information from trusted sources, such as:

- ▶ [Public Health Agency of Canada](#)
- ▶ [World Health Organization](#)
- ▶ Your provincial/territorial and regional health authorities
- ▶ [Canadian Nurses Association](#)



## SPREAD THE WORD

Patients look to nurses as a trusted source of information. Be sure to share resources and educate patients on the steps needed to reduce the spread of COVID-19, especially social distancing, self-monitoring and self-isolation.



## IF YOU'RE SICK — STAY HOME!