



Developed on 14 April 2020 | Updated on 21 April 2020

NOTE: This is an interim guidance document, representing sound public health practice and information as it is currently available. It will be updated any time any new guidance is released on this topic.

## GUIDANCE FOR INDIVIDUAL INFECTION CONTROL

### How these guidelines reflect faithful Christian practice:

Christian scriptures speak about the importance of personal hygiene in many places. Many of these references specifically address illness and preventing the spread of disease reasons for personal hygiene practices. The book of Leviticus calls people of faith to practice personal hygiene, exhorts those who are ill to avoid passing an infection on to others, and describes the need to stay at home when an illness is widespread to avoid infecting others (see chapters 11-15 in the book of Leviticus). In the New Testament, James, chapter 4 reminds us of the importance of clean hands and a clean heart.

### Information to help you know more about this virus and how to protect yourself from it

A great deal of information has been published providing practical steps that individuals can take to minimize likelihood of infection and limit the spread of the virus. These individual actions can have the greatest effect of slowing the spread if everyone follows them but everyone needs to do so. Failing to follow these actions increases the chance of infection for those who don't have the virus and increases the possibility of giving the virus to someone else for those who are infected but don't yet have any symptoms.

#### *Some important information about the virus*

- The virus has never been seen in humans before. We know that it passed from an animal to a human being in late 2019 in an open-air market in Asia. No one knew that this happened at the time it occurred because it took a few days for symptoms to show up in those who were infected.
- The virus can be passed from one person to another when people are close together. The virus can live on surfaces for up to three days and someone who touches that surface could become infected. This is why regularly washing our hands with soap and water and regularly washing hard surfaces with soap and water is important.
- The virus gets into the body through the nose, eyes, or mouth. This is why you should avoid touching your face. If the virus is only on your skin (e.g., your hands) and you wash that skin with soap and water to kill the virus, you can avoid becoming infected because the virus does not get inside you.
- The virus is not life-threatening for most people. Estimates show that about 1 person out of 4 people infected won't show any symptoms at all. Those who have symptoms will feel sick. They will have a fever, aches and pains, a cough, and congestion. 4 out of every 5 people can get better with rest if they drink plenty of fluids and eat well. This generally takes about 10-14 days. The virus makes some people very sick. Although this happens for only about 20% of people, the illness is life-threatening.
- Use medications to treat aches and fever and to minimize congestion, sore throat, and cough. Medicines such as paracetamol (Panadol) may help lower fever and reduce aches and pains. Medicines such as FLUCOLD or Grippon Cold and Flu (phenylephrine) may help minimize congestion and medicines such as Robitussin or Benylin CHESTY (guaifenesin) may help lessen cough. The medicines may have less of an effect on those with more severe symptoms. ONLY use medications as instructed. DO NOT use medications with individuals who have known side effects to the medicine unless instructed to do so by a medical provider or chemist.
- Elderly people (over 65) and people who have other, ongoing medical conditions are more likely to have more severe cases of infection. These conditions include asthma, heart conditions, and diabetes.
- On average, the time from infection to the first time symptoms occur is about 6 days. This period varies and may take as long as 2 weeks.
- A person can be infected, have no symptoms, and still spread the virus to others. This is why everyone needs to follow the actions in this document, including those people who do not feel sick.
- After a person with symptoms begins to feel better, three things need to happen to ensure they have recovered:
  1. They need to go for three full days without any fever and without taking any medicine that could reduce fever.
  2. Their symptoms need to have ended.
  3. At least seven days need to have passed from the time their first symptoms occurred.

If all three things have occurred, the person is not considered to be infectious anymore.
- Those who have had the illness and have recovered are less likely to get the virus again. Doctors are still studying this and will have better information soon. This document will be updated to include this information when it becomes available.

The following page offers practical suggestions to limit the spread of the virus. Anyone can copy this page and make it available to others.



# Individual Infection Control

1



## 1. Do not touch your face.

This keeps the virus from getting inside your body through your eyes, nose, or mouth.

2



## 2. Wash or clean your hands often.

Try to do this at least once each hour. Use soap and warm water, rubbing the hands to create a lather. Wash for at least 40 seconds. This will kill the virus.

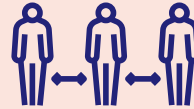
3



## 3. Cough or sneeze into a tissue, handkerchief, an item of clothing, or the crook of the elbow.

Those who have the virus will spread it to everything they touch if they cough or sneeze into their hand. Throw the used tissue into a trash receptacle. Wash the crook of your elbow with soap and water.

4



## 4. Stay about 2 metres (or the length of two walking canes) away from those you do not live with.

This keeps you from breathing in the virus when someone else coughs.

5



## 5. Do not shake hands or hug others in public.

You can greet others with a wave, words of encouragement, and a smile. Show respect by bowing.

6



## 6. Wear a mask around others in public.

The mask you wear protects others and the masks others wear protects you. If you have symptoms, stay home and wear a mask there to prevent spreading the virus to others in the house. Wash a cloth mask with soap and water regularly and let it dry before re-using.

7



## 7. If possible, stay inside your home.

Avoid any trips outside the home, especially to crowded places such as markets. Regularly clean all hard surfaces in the home with soap and water.

8



## 8. If you have to leave the house, follow these steps when you get home:

leave your shoes by the door; do not interact with family members or touch items in the household until you have finished washing your hands with soap and water; change your clothes and wash them. All these steps can help keep the virus out of the house.