

BEST PRACTICES REGARDING CORONAVIRUS

There is currently no vaccine to prevent coronavirus (COVID-19)

The following are suggested protocols for your moving company and customers to consider while the coronavirus crisis is happening:

Protect Yourself



Clean Your Hands Often

- ◆ Wash your hands often with soap and water (sing for 20 seconds).
- ◆ Use a hand sanitizer that contains at least 60% alcohol.
- ◆ Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid Close Contact

- ◆ Avoid close contact with people who are sick.
- ◆ Put distance between yourself and other people – 6 feet or 2 meters minimum.
- ◆ Close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19



Avoid Sharing Personal Household Items

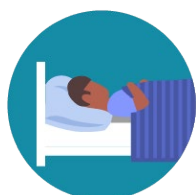
- ◆ You should not share dishes, drinking glasses cups, eating utensils towels, bedding with other people or pets.
- ◆ After using these items, they should be washed thoroughly with soap and water.



Avoid Shaking Hands With Anyone

- ◆ Don't hug or cheek-kiss anyone either
- ◆ Elbow bump, tap feet, foot shake, wave or do jazz hands. Anything that doesn't touch others.
- ◆ If you do shake hands with someone, avoid touching your face and disinfect your hands as soon as possible.

Protect Others



Stay Home If You're Sick

- ◆ Stay home if you are sick except for getting medical care.
- ◆ Avoid public areas: Do not go to work, school, or public areas.
- ◆ Avoid using public transportation, ride-sharing, or taxis.



Cover Coughs and Sneezes

- ◆ Cover your mouth and nose with a tissue when you cough or sneeze.
- ◆ Throw used tissues preferably in a lined waste receptacle.
- ◆ No tissue? Cough or sneeze into the inside of your elbow.
- ◆ Immediately wash your hands with soap and water or use hand sanitizer.



Wear a Facemask if You are Sick

- ◆ If you are sick you should stay at home. However; if you are around people (in a car or a waiting room for example) wear a facemask.
- ◆ Wear a facemask before entering a healthcare provider's office.
- ◆ If you are not able to wear a facemask (for example because it causes trouble breathing) do your best to cover coughs and sneezes. People who care for you should wear a facemask if they enter your room.
- ◆ If you are not sick: you do not need to wear a facemask unless you are caring for someone who is sick (and they are unable to wear a facemask)
- ◆ Facemasks may be in short supply and should be saved for caregivers.



Clean and Disinfect

- ◆ Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Always ventilate the area you are disinfecting.
- ◆ If surfaces are dirty, clean them: use detergent or soap and water prior to disinfection.
- ◆ To disinfect – most common EPA-registered household disinfectant will work. Use disinfectants appropriate to the surface.
- ◆ Options include:
 - Diluting your household bleach. To make a bleach solution, mix 5 tablespoons (1/3 cup) bleach per 4 litres of water or 4 teaspoons per 1 litre of water.
 - Use alcohol solutions that have at least 70% alcohol.

What If I Am Sick?

Call 911 if you have a medical emergency:

Notify the dispatch personnel that you have, or are being evaluated for COVID-19.

If possible, put on a facemask before emergency medical services arrive.



Stay Home If You're Sick

- ◆ Stay home if you are sick except for getting medical care.
- ◆ Ask your healthcare provider or call the local or provincial health department to get further advice and self-monitoring instructions.
- ◆ Avoid public areas: Do not go to work, school, or public areas.
- ◆ Avoid using public transportation, ride-sharing, or taxis.



Monitor Your Symptoms

- ◆ Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- ◆ Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- ◆ Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.



Separate Yourself from Other People and Animals in Your Home

- ◆ As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- ◆ You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- ◆ When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.



Call Ahead Before Visiting Your Doctor

- ◆ If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.



Discontinuing Home Isolation

- ◆ **Stay at home until instructed to leave:** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- ◆ **Talk to your healthcare provider:** The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



Canadian Association of Movers

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Thanks to the Centers for Disease Control for some of this great info!