



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

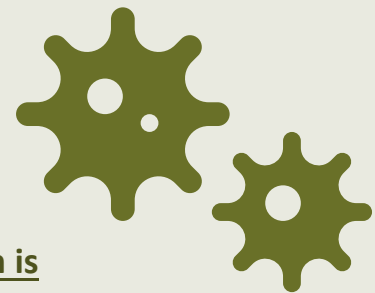
FREQUENTLY ASKED QUESTIONS

DOES THE VIRUS LIVE ON SURFACES?

APRIL 2, 2020

HOW LONG DOES THE VIRUS LIVE ON SURFACES?

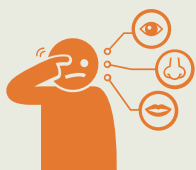
Different studies have shown that coronaviruses live on different surfaces for different lengths of time but this does not directly relate to the number of people who get infected. **The way COVID-19 spreads from person to person is through droplets.** Droplets with the virus come out of a person's nose and mouth when they cough or sneeze. The droplets land on a surface, a person touches the contaminated surface, and then touches their face. The virus gets into a person's system through the mucus membranes (**eyes, nose and mouth**). The spread of COVID-19 has typically been between people in close contact with those who have the virus. **The virus is easily killed by household disinfectants and soap and water.**



HOW DO I PROTECT MYSELF FROM CONTAMINATED SURFACES?



- **STAY HOME**, only go to the store or the nursing station when necessary
- **WASH YOUR HANDS** frequently for **at least 20 seconds** (especially after coming home and when you are near someone who is sick)
- **DO NOT TOUCH YOUR FACE**
- **DISINFECT HIGH TOUCH SURFACES** twice a day
- If you do not have a disinfectant, you can make your own by using 10 ml of bleach in 1L of water





Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

FREQUENTLY ASKED QUESTIONS

WHAT SHOULD I DO TO PROTECT MYSELF WHEN I GO TO THE STORE?



- **Do not go to the store if you have signs or symptoms** of a respiratory illness (cough, sneeze, shortness of breath)

- If possible, have your groceries delivered directly to the front steps of your house



- Wash your hands or use hand sanitizer before going into the store

- Wipe down the handle of the cart/basket with a disinfectant wipe before using it



- **Practice social/physical distancing** by staying at least 2m (6ft) away from other people while shopping and waiting in line

- Only touch products you will be purchasing

- Do not bring children to the store

- Do not touch your face while shopping or while unloading groceries



- Throw away your plastic grocery bags

- Wash all fresh fruit and vegetables with soap and water

- **WASH/SANITIZE your hands** after unloading groceries

I WORK IN CARGO, WHAT SHOULD I DO TO PROTECT MYSELF?

- Do not go to work or help unload cargo if you have signs or symptoms of respiratory illness



- Wear gloves while unloading the cargo and **DO NOT touch your face** while wearing them

- After you are finished, throw gloves out in a plastic garbage bag and **WASH/SANITIZE your hands** immediately



- There is no need to wear a mask while you do this work

- You DO NOT need to wipe down individual boxes, but if you are more comfortable doing so, use a bleach solution of 10mL of bleach in 1L of water and wipe with a clean cloth