

### TRANSMISSION

#### **Q: What is Covid-19?**

**A:** COVID-19 is a novel (new) coronavirus. Coronaviruses are a large family of viruses that are known to cause respiratory illness in humans. Other novel coronaviruses include Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV).

#### **Q: How is Covid-19 Transmitted from Person to Person?**

**A:** The most common form of transmission is during close contact (less than 2m) with an infected individual without personal protective equipment.

**A:** Transmission over 2m is possible but less likely and requires certain conditions, such as poorly vented rooms or during aerosol generating procedures eg. CPAP

**A:** Uncommon but possible transmission routes include through the eyes, intrauterine (mother to fetus), fecal-oral, zoonotic (from an infected animal) and fomite (from an object that has the virus on it)

#### **Q: What is Asymptomatic Transmission and is it Possible?**

**A:** When someone is an asymptomatic carrier of Covid-19, they are infected with the virus however they do not have any symptoms.

**A:** There was debate at the beginning of the pandemic as to whether asymptomatic carriers could infect others. After reviewing numerous studies conducted globally, Public Health Ontario states definitively that asymptomatic transmission is possible.

#### **Q: What resources informed these answers?**

**A:** Public Health Ontario's information on transmission, original resource found [here](https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/2020/12/routes-transmission-covid-19.pdf?la=en):  
<https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/2020/12/routes-transmission-covid-19.pdf?la=en>

**A:** Public Health Ontario's information on Asymptomatic Transmission found [here](https://www.publichealthontario.ca/-/media/documents/ncov/what-we-know-jan-30-2020.pdf?la=en):  
<https://www.publichealthontario.ca/-/media/documents/ncov/what-we-know-jan-30-2020.pdf?la=en>

### PROTECTION MEASURES

#### **Q: Who is most at risk for poor outcomes related to Covid-19 Infections?**

**A:** There is a greater risk for poor outcomes related to Covid-19 as age increases. This results in worse outcomes for those over the age of 65.

**A:** People with co-morbidities (chronic illness) such as congestive heart failure, chronic obstructive pulmonary disease (COPD), diabetes, obesity, or illnesses that damage the immune system (uncontrolled HIV, some cancers)

**A:** People that take medication that weakens the immune system (chemotherapy, oral steroid medications)

### **Q: What is the currently required personal protective equipment (PPE) to prevent infections?**

- Commercial Masks
- Eye Protection

### **Q: What is physical distancing?**

**A:** The act of maintaining 2m of distance between you and others. This does not replace the importance of mask wearing or other preventative measures.

### **Q: Other reminders to help prevent Covid-19 infections:**

- Proper hand hygiene
- Cleaning, sanitizing commonly used surfaces
- Maintaining physical distancing while on breaks
- Cleaning/sanitizing your break area before and after having your mask removed for meals.

### **Q: What resources informed these answers?**

**A:** Public Health Ontario's, Reduce Your Risk from Covid-19 found [here](#):

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/05/factsheet-covid-19-immunocompromised.pdf?la=en>

## QUARANTINE

### **Q: Why are quarantines required?**

**A:** In order to slow the spread of Covid-19, lessen the number of deaths, and prevent health care institutions from being overwhelmed, those who have had high risk contacts with infected persons or are infected with Covid-19 will be asked to self-isolate.

### **Q: What is work/home quarantine?**

**A:** If you are an essential service provider your local public health department may allow you to travel between work and home if you have had a high-risk contact and are not symptomatic. While at work all proper PPE must be worn and the employee must self monitor.

### **Q: For more specific information on how to self-isolate/quarantine see below:**

- <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>
- <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

## PUBLIC HEALTH GUIDELINES

### **Q: What to do if Public Health Guidelines are different from Christian Horizons?**

## Covid-19

### Frequently Asked Questions



**A:** Christian Horizons has set minimum standards for several situations that employees, support locations, districts and the organization may experience.

- If a local public health department is recommending precautions that exceed the minimum set by Christian Horizons, the stricter public health recommendations are to be followed.
- If a local public health department is recommending precautions that do not meet minimum by Christian Horizons, the stricter Christian Horizons recommendations are to be followed.

## VACCINE INFORMATION

**Q: *When will Christian Horizons' Direct Support Employees and People who use our services have access to Covid-19 vaccines?***

**A:** The exact timeline is unknown; however Christian Horizons is involved in provincial conversations to advocate for priority access to the vaccine for our direct support employees and people who access our services.

**Q: *Pfizer's Covid-19 vaccine is an mRNA vaccine what does this mean?***

**A:** mRNA vaccines have been in development for over a decade. They work by using genetic instructions in molecules called mRNA to generate a coronavirus protein that initiates the body's natural production of antibodies and cellular immune response.

**Q: *Are Covid-19 Vaccines safe?***

**A:** Covid-19 vaccines have been held to the same standard of safety as other vaccine development. Side effects are always possible when receiving a vaccine, the most common side effect is pain at the injection site. For more information on how Covid-19 vaccines were approved and side effects see the resources at the link below.

**Q: *What resources informed these answers?***

**A:** The Government of Canada has detailed information on the development, approval and side effects of Covid-19 vaccines located [here: https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)