

COVID-19 UPDATE FOR EMPLOYEES

At Backwoods we take the health and safety of our employees, both at work and outside of work, very seriously. In an effort to keep our employees informed and to take the necessary preventative measures to ensure our employees continued health we are sharing this information on coronavirus COVID-19 and what precautions we are taking as a company. It is our combined responsibility to ensure the health and safety of both ourselves and others at Backwoods.

CURRENT SITUATION

- A pneumonia outbreak, now known to be caused by COVID-19, was identified in Wuhan, China on December 31, 2019. The World Health Organization (WHO) has declared the outbreak of the virus a public health emergency.
- There are 2 presumptive cases in Alberta and 54 cases across Canada. **The risk to Albertans is still low.**
- Current risk level in Alberta: The current risk level is low. Risk is determined by assessing how likely Albertans are to be exposed to the virus in the province. Currently, Albertans have a very low chance of contracting COVID-19. If this changes in the coming weeks, the risk level in Alberta will be updated accordingly and we at Backwoods will update our employees.

PREVENTION: WHAT YOU CAN DO

- While the risk to Albertans is still low, there are things you should do during the cold & flu season (that runs from November to April in Alberta) to keep yourself healthy.
- At this time, it appears COVID-19 is transmitted through person-to-person spread by:
 - larger droplets, like from a cough or sneeze
 - touching contaminated objects or surfaces, then touching your eyes, nose or mouth

While there is person-to-person spread, current evidence indicates it is not airborne through long distances or times. There is no evidence that it's capable of being transmitted by imported goods.

- Public health measures are in place to quickly identify potential COVID-19 cases and prevent the infection from spreading. Influenza and other common viruses remain the most likely cause of a respiratory infection.
- To protect yourself and others:
 - use good hygiene practices, such as frequent handwashing
 - cover coughs and sneezes
 - avoid touching eyes, nose and mouth with unwashed hands
 - stay at home and away from others if you are feeling ill
 - **contact your primary health provider or Health Link 811 if you have questions or concerns about your health**
 - If you are sick, wearing a mask helps prevent passing the illness on to other people
 - If you are healthy, medical masks are not recommended as they don't provide full protection and can create a false sense of security

WHAT TO DO IF YOU FEEL ILL

- Symptoms for COVID-19 are similar to those for influenza or other respiratory illnesses. The most common symptoms include: fever, cough, tiredness
- Most people (about 80%) recover from this disease without needing special treatment. Those who are older, and those with other medical problems are more likely to develop serious illness.
- Most cases have reported mild symptoms. However, there is a risk of death in severe cases. For now, there is no specific vaccine for the COVID-19 strain of coronavirus.
- **Consult Health Link 811 or your health care provider if you're:**
 - concerned about your health, or
 - feeling ill and recently travelled to China or another affected area

STAY INFORMED: WHERE TO GO MORE INFORMATION

- Stay informed via information from verified and reputable information sources such as:
 - <https://www.alberta.ca/influenza-the-flu.aspx>
 - <https://myhealth.alberta.ca/Alberta/Pages/influenza-symptoms-faqs.aspx>
 - <http://albertahealthservices.ca/assets/heal/heal-handout-common-cold.pdf>
 - <https://ipac-canada.org/influenza-resources.php> (includes information on both seasonal and pandemic influenza)
- Follow best practices at work including handwashing, social distancing, staying home from work and getting medical attention if you don't feel well. Also, monitor public health alerts and follow advisories.
- While the risk to Albertans is still low, we at Backwoods are developing our own Business Interruption Plan to ensure the health and safety of our employees, this will be shared with our employees in the coming week