

# 2019 Novel Coronavirus Precaution

**Due to the recent Novel Coronavirus outbreak spreading worldwide, Across U-hub has taken precautions steps in protecting our participants, volunteers and staff as part of the prevention of infection to spread. We encourage all participants, volunteers, staff and visitors to reinforce the important preventive measures as following:**

1. Anyone who has travelled to affected areas (e.g. Hubei province, China, Hong Kong, Iran, Italy, Japan & Korea, etc.) in the last 14 days, please limit contact with others by self-isolation and staying at home for 14 days after returning to Canada.
2. Anyone entering Across U-hub are required to complete a Health Declaration Form.
3. Non-contact infrared thermometer will be used for fever screening of activity participants.
4. Proper hygiene can help reduce the risk of infection or spreading infection to others:
  - a. Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food;
  - b. Use alcohol-based hand sanitizer if soap and water are not available
  - c. Cough or sneeze into a tissue or the bend of your arm, not your hand; dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards;
  - d. Avoid touching your eyes, nose, or mouth with unwashed hands;
  - e. Clean the high-touch surfaces (e.g. toilets, phones, electronic devices, door handles, bedside tables, television remotes doorknobs and faucet handles, etc.) frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water);
  - f. Stay home when you are ill;
  - g. Avoid contact with people who are sick.

We understand that concerns about this virus can create feelings of anxiety and fear. We will closely monitor the situation and adopt appropriate measures accordingly.

For more up-to-date information, please visit

<https://www.ontario.ca/page/2019-novel-coronavirus>

# 2019 Novel Coronavirus (COVID-19)

## What you need to know to help you and your family stay healthy



**Wash your hands with soap  
and water thoroughly and often.**

**Cough and sneeze into your  
sleeve or a tissue. Dispose of tissue  
immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Stay home when you are sick.**



If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000  
TTY: 1-866-797-0007  
Or contact your public health unit.

For more information,  
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)